CLEAN EATING MADE EASY: SUPER SIMPLE MEAL

oxygen

TRAIN SMART. EAT RIGHT. BE STRONG.

Abs! Butt! Legs!

GET THE BODY YOU WANT!

YOUR FOOL-PROOF SUPERSETS PLAN

TOP MOVES FOR A TIGHT CORE
PG. 70

SHAPELY & STRONG!

SCULPT AN HOURGLASS FIGURE

FOODS THAT SCULPT MUSCLE

GET FIT FAST WITH 21 DAY FIX'S AUTUMN CALABRESE

238

BEST FITNESS, FOOD AND HEALTH TIPS to keep you lean, fit and sane through the holidays!

DECEMBER 2015 US $5.99
0 74820 08823 4
Please display until 12/15/15
oxygenmag.com

The Most Advanced Weight Loss Aid Ever Developed. Burns Fat for 6+ Hours!†

Ionamin is a true "feel good" product, whose stimulant effects are rapid, yet exceptionally smooth and clean. While Ionamin is unlike anything you have tried before, it is clinically proven to be more effective than Ephedrine, the previous industry Gold Standard of OTC weight loss. Ionamin will help you lose weight and feel great too!



CLINICALLY PROVEN WEIGHT LOSS!†

IONAMIN®

The powerful Ionamin® weight loss aid has been clinically proven in a landmark randomized, double-blind, placebo controlled study to provide effective increases in metabolism. The study had a 300mg caffeine group, which is more than 99% of all diet pills on the market that contain caffeine. Below you can see the results of an eight (8) week groundbreaking double-blind, placebo controlled study on Ionamin®!

Ionamin® users lost 208% more weight and 385% more fat than placebo and 167% more weight than the caffeine group and was shown to burn fat for 6+ hours!†

Ionamin® users saw an incredible 16.6% increase in resting energy expenditure (Metabolism) over the first 3 hours with an increase of over 14.5% in energy uptake over the entire 6 hours!†

Ionamin® was shown to elevate metabolism over 22% in 45 minutes & when compared against placebo at 3 hrs post ingestion, Ionamin® was 66% stronger than 30mg Ephedrine and 152% stronger than 10mg Ephedrine - and 871% stronger that the placebo at its highest point.†

Ionamin® is quickly becoming one of the top selling diet aids in the country for one reason... it works!

Ionamin® is based upon Proprietary, Clinically-Studied, Phenylethylamine Alkaloids derived called (Thermo-Rx®). The findings from Hi-Tech's randomized, double-blind, placebo controlled study showed convincingly that Ionamin® - standardized to Phenylethylamine alkaloids - promotes significant increases in Resting Energy Expenditure (Metabolism) (16.6%+) still evident 3 hrs post ingestion. The clinical study on Ionamin® showed an astounding increase in resting metabolic rate that was superior to the findings of previous studies which reported that 10 to 30mg Ephedrine - once believed to be the Gold Standard of Weight Loss compounds - increased energy expenditure by 6.6% to 10% (Versus 16.6%+ Ionamin®), which is 66% stronger than 30mg Ephedrine and 152% stronger than 10mg Ephedrine.

AVAILABLE AT: McKESSON, Harris Teeter, Shopko, ingles, RITE AID, CardinalHealth, GNC, amazon.com, kmart, meijer, HARMON

†These statements have not been evaluated by the food and drug administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Warning: not for use by individuals under the age of 18 years. Do not use if you are pregnant or nursing. This product can raise blood pressure and Interfere with other drugs you may be taking. Talk to your doctor about this product.

NOVA FORME®

EAT CLEAN BE STRONG

REPLENISH, CLEANSE, BALANCE & DETOXIFY AND ACHIEVE YOUR TRUE POTENTIAL

A healthy and delicious way to easily add the kind of greens missing from your diet. It's packed with antioxidants, provides 21x the chlorophyll as a serving of dark leafy greens and helps you more efficiently deliver oxygen to working muscles.

Only Cytogreens gives you a truly complete formula with Prebiotics, Enzymes, Aloe Extract and Milk Thistle Extract at research directed amounts that really matter. Make Cytogreens a nutrient-rich part of your daily ritual.

CytoGreens®

PREMIUM GREEN SUPERFOOD

- ✓ Helps Muscles Recover
- ✓ Improves Stamina
- ✓ Cleanse & Detoxify
- ✓ No Preservatives or Fillers

Truly Superior Greens!
ALL-IN-ONE Daily Nutrition

2015 betternutrition BEST OF SUPPLEMENTS AWARD WINNER





100% LECITHIN-FREE

GLUTEN FREE

Available at:

BPN BEST PRICE NUTRITION · LuckyVitamin.com · Vitacost

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

www.novaforme.net


Eat Clean.
Be Strong.
Meaghan Terzis
Cover Model &
Mother of Two
PREMIUM GREEN SUPERFOOD
cytoGreens
FOR ATHLETES

2015

december



« 60
Sculpt an hourglass shape!



26 Avoid excess hours at work.

your training

21
one-on-one
Let *Oxygen* be your personal trainer.

22
fitness news
The latest scoop.

44
autumn in December
Cover model Autumn Calabrese shares her quick, challenging workouts and healthy lifestyle advice.

60
the hourglass workout
If you want a more symmetrical physique, try Lyzabeth Lopez's program designed to give you a shapely form.

70
special section: every minute counts! more, more abs and core!
Target your abs in new ways with these three workouts.

78
special section: every minute counts! *Oxygen's* best HIITs
Keep cardio interesting by trying these high-intensity interval training programs.

your health

30
health news
News you can use.

32
mind & body news
Feel great about your exercise habit with these seven research-backed reasons why exercise is awesome.

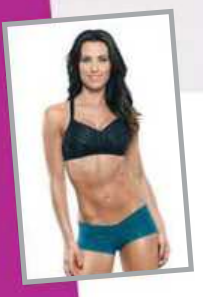
66
tiny tweaks, major payoffs!
For best results, heed these 12 tips to improve your efforts in the gym.

Make a healthy meal with tomatoes.
40



on the cover

clean eating made easy: super simple meal P. 40
get fit fast with Autumn Calabrese P. 44
foods that sculpt muscle P. 54
sculpt an hourglass figure P. 60
your foolproof supersets plan P. 62
top moves for a tight core P. 70



Cover photo by Peter Lueders • Hair and makeup by Nancy Jambazian • Fitness clothing: Lorna Jane top, Elisabetta Rogiani shorts

LIKE WHAT YOU SEE

YOUR PRESCRIPTION FOR A BEAUTIFUL BODY



MAXIMUM STRENGTH FAT BURNING CATALYST

theVitamin Shoppe
every body matters

Join Team MuscleMeds!

facebook.com/TeamMuscleMeds
twitter: @MuscleMeds
instagram: MUSCLEMEDS

888.575.7067
MuscleMedsRx.com

MuscleMeds
PERFORMANCE TECHNOLOGIES

© 2015 MuscleMeds. All rights reserved. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, cure, treat or prevent any disease. Your results may vary.

2015

december



Challenge yourself with a killer core workout!

70



Try a vegetarian recipe.

54 »

nutrition & fat loss

26
nutrition news
We feed your need to know what to eat.

34
fat loss news
The latest research on getting lean.

36
shake up your day
Mix frozen peaches with protein powder for a taste-of-summer treat.

38
smart snacking
Add blueberries to wild rice to create a sweet, savory side dish.

40
fit fuel
Try our recipe for tomato-stuffed pork chops for an easy, healthy dinner.

54
clean gourmet
Recipes from the *Honestly Healthy for Life* cookbook offer delicious, vegetarian nutrition.

supplements

94
supplement review
A look at some of the latest products.

in every issue

13
advisory board

14
in the moment

16
editor's letter

42
fit gear



Check out the latest gear!

42

let's share !

10 oxygenmag.com

18 feedback

98 #oxygenexhale


ON
TRUE STRENGTH GETS YOU GOING
You want a boost of energy. Something you can easily mix into water anytime without worrying about sugar or calories. ON's got what you want in 30 and 65 serving tubs. Each 2-scoop serving of Essential Amino Energy provides 100 mg of caffeine from natural sources and 5 grams of micronized free form amino acids. With 9 unique fruit flavors to choose from, you'll never get tired of the convenience, energy, focus or taste.
ESSENTIAL
AMIN.O.
ENERGY
WATERMELON
• ESSENTIAL AMINO ACID DELIVERY*
• MUSCLE RECOVERY**
• ENERGY AND FOCUS*
30
DIETARY SUPPLEMENT NET WT. 9.5 OZ (270 G)
5 GRAMS OF AMINO ACID BLEND
100 MILLIGRAMS OF CAFFEINE
10 CALORIES
GNC LIVE WELL
theVitamin Shoppe
BODYBUILDING.com
amazon.com
USA (800) 705-5226 INTL (630) 236-0097
TRUE STRENGTH
WWW.OPTIMUMNUTRITION.COM
ON

on the web

oxygenmag.com

Hey, *Oxygen* readers: Post, pin, tag and tweet us. We want to connect with you online!

Now on oxygenmag.com

Go to our website for up-to-the-minute news on health and fitness, plus we post new workouts, moves and recipes every day! Here's a small taste of what we have in cyberspace in December.

Do you have what it takes?
Are you the Future of Fitness? Drop us a line at futureoffitness@oxgygenmag.com and you could see yourself in the pages of *Oxygen*.



cover girl confidential: Autumn Calabrese
The woman behind the 21 Day Fix shares two killer bonus workouts to get your heart racing and muscles pumping. Plus, we provide you with her bonus stretches and ab moves to finish your workout right.

trending online

➜ **On Facebook:** What is fitness? You tell us! On November 17, we want to know what fitness means to you! Follow us on Facebook and share your thoughts using the hashtag #whatisfitness.

➜ **On Instagram:** The holidays are here and so are the parties full of cocktails and snacks. What is your healthy go-to party snack or drink that satisfies the cravings without blowing your diet? Snap a photo and share it with us on Instagram using the hashtag #oxygenholidays and your photo could be featured in a future issue!

keep in touch
Tell us what you like about this issue and let us know what we can do better. Tag us in your posts @oxygenmag and you could be featured here!

➜ Tell us your (success) story
Have you busted through a fat-loss or training plateau? Have you transformed your physique? Drop us a line at successstories @oxygenmag.com and we just might feature you in a future issue of *Oxygen*.

PHOTO BY PETER LUEDERS

➜FOLLOW US ON TWITTER **@oxygenmagazine** ➜JOIN US ON FACEBOOK **facebook.com/oxygenmag**
➜HASHTAG US ON INSTAGRAM **#oxygenmagazine** ➜VISIT US ONLINE **oxygenmag.com** or **youtube.com/oxymagazine**
➜VISIT US ON PINTEREST **/oxygenmag** ➜EMAIL US **editorial@oxygenmag.com**

DIVINE
NUTRITION PRODUCTS ™

Congratulations!

MEGAN WYBLE

For qualifying for the 2015
Ms. Figure Olympia.





Divine Nutrition will not disappoint.

All of our products are made from the highest quality ingredients. Come see what the rave is all about. Day after day we are told we have the best tasting products in the market place and the performance is second to none. Believe us when we say this, currently Divine Nutrition is the best kept secret in the supplement industry and it's just a matter of time before that changes, one customer at a time.



TRY OUR NEW PRE-WORKOUTS

Available at

www.purchasepreworkout.com
divinenutrition
DivineNutritionProducts



FRY YOUR BODY FAT

PHENBUTEROL introduces a new development in advanced fat burning technology. New research has identified a unique tissue in the body called brown adipose tissue (BAT) that increases the production of heat, burns calories and helps reduce body fat.

PHENBUTEROL activates BAT by targeting a mitochondrial transport protein called UCP-1 (uncoupling protein 1). UCP-1 stimulates BAT and triggers thermogenesis. When BAT thermogenesis is activated, it uses stored body fat as its preferred energy source, helping you to melt off the pounds.

MuscleMeds
PERFORMANCE TECHNOLOGIES

theVitamin Shoppe
every body matters

888.575.7067
MuscleMedsRx.com

© 2015 MuscleMeds. All rights reserved. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, cure, treat or prevent any disease. Your results may vary.

oxygen

DECEMBER 2015 • ISSUE 194

Staffers share: How do you deal with holiday treat temptation?

GROUP PUBLISHER Cheryl Angelheart

GROUP BRAND DIRECTOR Alexander Norouzi

EDITOR-IN-CHIEF Diane Hart

EDITORIAL

MANAGING EDITOR Maura Weber
FITNESS EDITOR Lara McGlashan
COPY CHIEF Jeannine Santiago
WEB EDITOR Maureen Farrar
SPECIAL PROJECTS EDITOR Vicki Baker

I have a sweet tooth, so I usually cave in to temptation!

ART

ART DIRECTOR Claudia Monje
ART DIRECTOR Tara Thompson

If I restrain, then I'll buy myself a present.

PRODUCTION

PRODUCTION MANAGER Patrick Sternkopf
VIDEO AND PHOTO EDITOR Josh Brumfield

SALES & MARKETING

GROUP ADVERTISING DIRECTOR Donna Diamond Riekenberg
ADVERTISING ACCOUNT MANAGER Laura (Flores) Thorne
ADVERTISING ACCOUNT MANAGER Julie Stone
ADVERTISING ACCOUNT MANAGER BJ Ghiglione
MARKETING MANAGER Laureen O'Brien
A/R MANAGER Alice C. Negrete

CONTRIBUTORS

Michael Berg, Erin Calderone, Ronnda Hamilton, Nancy Jambazian, Matthew Kadey, Jerry Kindela, Peter Lueders, Linda Melone, Myatt Murphy, Robert Reiff, Tosca Reno, Elisabetta Rogiani, Jessie R. Shafer, Cory Sorensen, Michelle Basta Speers, Steven Stiefel, Sarah Tuff Dunn, Joe Wuebben

ACTIVE INTEREST MEDIA

Efrem Zimbalist III **EXECUTIVE CHAIRMAN**
Andrew W. Clurman **PRESIDENT & CEO**
Brian J. Sellstrom **EXECUTIVE VICE PRESIDENT & CFO**
Patricia B. Fox **EXECUTIVE VICE PRESIDENT OF OPERATIONS**
Kim Paulsen **VICE PRESIDENT GENERAL MANAGER**
Nelson Saenz **VICE PRESIDENT OF IT**
Kristy Kaus **VICE PRESIDENT OF RESEARCH**

Oxygen is printed monthly in the U.S.A. © 2015 by Cruz Bay Publishing, Inc. All rights reserved. Reproduction in whole or in part without permission is strictly prohibited. The information in *Oxygen* is for educational purposes only. It's not intended to replace the advice or attention of health care professionals. Consult your physician before making changes in your diet, supplement and/or exercise program. *OXYGEN,* 24900 Anza Dr., Unit E, Santa Clarita, CA 91355. Toll Free: (800) 951-2259

Oxygen (ISSN 1095-7073) is published twelve times per year (2015 Cover Dates: #183 Jan, #184 Feb, #185 Mar, #186 Apr, #187 May, #188 Jun, #189 Jul, #190 Aug, #191 Sep, #192 Oct, #193 Nov, #194 Dec) by Cruz Bay Publishing, Inc., an Active Interest Media company. Advertising and editorial offices at 24900 Anza Drive, Unit E, Santa Clarita, California 91355. The known office of publication is 5720 Flatiron Pkwy, Boulder CO 80301. Periodicals postage paid at Boulder, CO and at additional mailing offices. POSTMASTER: Send address changes to *Oxygen,* P.O. Box 420235, Palm Coast, FL 32142-0235. Subscription rates in the United States are one year $24.97. Canada: $39.97. Foreign: $54.97 (US funds only). The publisher and editors will not be responsible for unsolicited material. Manuscripts and photographs must be accompanied by a stamped, self-addressed return envelope. Vol. 18, No. 12. Printed in the United States by RR Donnelley, Strasburg, VA.

Copyright © 2015 by Cruz Bay Publishing, Inc. All rights reserved. This publication may not be reproduced, either in whole or part, in any form without written permission from the publisher.

advisory board

EXERCISE PHYSIOLOGY

» Cedric X. Bryant, Ph.D., FACSM
Chief science officer, American Council on Exercise

» Tom Holland, MS, CSCS
Exercise physiologist certified by ACSM, NASM and ACE, author of *Beat the Gym* (HarperCollins, 2011) and an elite endurance athlete

» Len Kravitz, Ph.D.
Exercise physiologist and coordinator of exercise science at the University of New Mexico

FITNESS & TRAINING

» Mindy Mylrea, FitFlix Productions
Fitness consultant, international presenter and author

» Sara Kooperman, CEO SCW
Fitness Education and Les Mills Midwest and a lecturer for the American Council of Sports Medicine and National Academy for Sports Medicine

» Jim White, RD
National spokesman for the Academy of Nutrition and Dietetics, ACSM Health and Fitness specialist, and owner of Jim White Fitness & Nutrition Studios

» Cathy Savage, Cathy Savage Fitness
Competitive Figure and Fitness coach and choreographer

NUTRITION

» Susan M. Kleiner, Ph.D., RD, FACN, CNS, FISSN
Sports nutritionist, president of High Performance Nutrition and author of *Power Eating* (Human Kinetics, 2013)

» Heidi Mochari-Greenberger, MPH, RD
Director of nutrition, Columbia Center for Heart Disease Prevention, New York Presbyterian Hospital

» Tosca Reno, BSc, BEd, NTP
Motivational speaker and presenter and author of *The Eat-Clean Diet* series (Robert Kennedy Publishing, 2007) and *The Start Here Diet* (Ballantine Books, 2013)

» Monique Ryan, MS, RDN
Chicago-based sports nutritionist and author of *Sports Nutrition for Endurance Athletes* (VeloPress, 2012)

MIND/BODY & NATUROPATHY

» Stephanie Bot, PsyD, CPsych
Clinical psychologist and psychoanalyst and a clinician, educator and writer

» Julie Chen, BSc, ND
Licensed practitioner of naturopathic and homeopathic medicine

SPORTS MEDICINE

» Jennifer Solomon, M.D.
Board-certified in physical medicine and rehabilitation, fellowship-trained in spine and sports medicine, and a clinical instructor at Weill Medical College of Cornell University

WHY NOT YOU?

Ever dream of **becoming a personal trainer?**
Turn your dreams into reality with **ISSA education.**

Love your job like ISSA Trainer Amy Light Ramage

"Every day is an exciting new opportunity to serve and educate my clients so that being healthy and fit becomes their way of life. We are all able to achieve our goals and live free from disease caused by obesity and inactivity, and it helps to get a realistic fitness and nutrition plan from a great trainer who believes in you. ISSA equipped me with the knowledge to do that and not only am I making an amazing living but I also get to do what I love!

Being an ISSA Elite Trainer allows me to work and have a balanced life as a wife, mom of 3, and full time gym owner/trainer at *Fit for Excellence* in Oregon City, OR. I am able to train people of all conditions with confidence because I have the ISSA education as my foundation and the continued education challenges me to learn more about specialized training. I am so glad I chose ISSA to stay current and at the top of my fitness professional game!"

—Amy Light Ramage, ISSA Elite Trainer
fitforexcellence.info



Photo: Corey Hancock

ISSA.
Nationally Accredited.
Certification to Degree.
100% Online.

The ISSA Your Trusted Source for Fitness Education Since 1988
ISSA's nationally accredited distance education programs provide the education you need to become a Personal Trainer, Elite Trainer, or Master Trainer. Take your certification courses even higher and earn an Associate's Degree in Exercise Science with an Emphasis in Personal Training. TA, MyCAA, and GI Bill approved.

ISSAoxygen.com
1.800.892.4772
Mention oxy1512

NBFE AFFILIATE · DEAC · DANTES

ISSA • 1015 Mark Ave • Carpinteria, CA • 93013

“THERE ARE NO SHORTCUTS




TO ANY PLACE WORTH GOING.”
— BEVERLY SILLS

Give yourself a pat on the back!





The *Oxygen* crew on set at cover model Autumn Calabrese's home in Studio City, California. Check out her exclusive workout on Page 44.

I can't figure out why women are so hard on themselves (myself included). I thought of this, oddly enough, while standing in line at the Department of Motor Vehicles when a portly man genially chatted to the DMV employee about why he was making changes to his driver's license. As well as a change of address, he admitted sheepishly he'd gained a few pounds — 20 in fact, he said with a soft laugh. Wow, I thought at the time: What woman would ever line up at the DMV to admit she'd gained 20 pounds?

I thought of how hard women are on themselves as the *Oxygen* team and I read through all the personal, often poignant stories from thousands of women involved in our inaugural Ultimate Oxygen Challenge over the past few months. As much as everyone was encouraging to all the participants, I read time and time again about how hard each woman was on herself. While she had no trouble at all patting her fellow participants on the back for overcoming often overwhelming odds, she beat herself up without a qualm.

Why are we so hard on ourselves?

Let's make a pact for 2016 to start celebrating our accomplishments in fitness and other areas of our lives. Let's start patting ourselves on our own backs for the successes we've made in the gym that we know ultimately make us more confident and happy in spirit and mind. Let's stop, for heaven's sake, trashing our own selves, physically and mentally.

At *Oxygen*, we are starting off in the most positive way by releasing a Special Issue celebrating the changes you can make when you take on any challenge. Our Special Issue (on newsstands January 5) not only will include various success stories, but we also will have a transformative plan to get you in shape in just six weeks, clean-eating recipes to get you lean and mean, and a ton of motivating tips to get you on the right track.

What we won't do is approach change in any kind of negative way — that just isn't *Oxygen's* style. We are proud of every single person who took on this challenge, and we will continue to celebrate all of you in the coming year.

Stay in touch,



DIANE HART
EDITOR-IN-CHIEF
@dianeoxygenmag

P.S. If you're as crazy busy as I am at this time of year, you're likely looking for quick but effective workouts to get you in and out of the gym, fast! We have a special 10-page section, "Every Minute Counts," on Page 70 that not only gives you some great new workouts but also features some of the best HIITs from the past year. And none of them takes more than half an hour. Time to get your sweat on!

It's music to your ears!

For extra motivation over the holidays, I thought I'd share some of the playlists from our popular cover models. Grab your phone or iPod and get moving!



*Share your own favorite song (or songs) that gets you through a tough workout!

1 Autumn Calabrese's power play
- Hey Mama, feat. Nicki Minaj, Bebe Rexha and Afrojack (David Guetta)
- Shake It Off (Taylor Swift)
- Wild Ones, feat. Sia (Flo Rida)
- Fight Song (Rachel Platten)
- Really Don't Care (Demi Lovato)
- People Like Us (Kelly Clarkson)
- Right There (Nicole Scherzinger)

2 Lori Harder's fun and funky mix
- You & Me, Flume Remix (Disclosure)
- Fun (Pitbull)
- Want to Want Me (Jason Derulo)
- Lean On (Major Lazer and DJ Snake)
- Crazy, Gocho Remix (Kat Dahlia)
- I Love It When You Cry (Steve Aoki and Moxie Raia)
- Hey Mama, feat. Nicki Minaj (David Guetta)
- Can't Feel My Face (The Weeknd)

3 Jen Widerstrom's high-energy playlist
- How Do You Feel (Eddie Cohn)
- Love in an Elevator (Aerosmith)
- J.A.R (Green Day)
- 7/11 (Beyoncé)
- Party & Bullshit in the USA (DJ Crazy J. Rodriguez)
- Bap U (Party Favor)
- What Now, R3hab Remix (Rihanna)
- This Girl (Stafford Brothers, T.I.)

BiaBrazil
ACTIVEWEAR

BIA BRAZIL USA
8621 WEST MCNAB ROAD
TAMARAC, FL 33321
PH: 1+ (954) 597-8992
WWW.BIABRAZILUSA.COM

TEX BRASIL
Abit textile and apparel
ApexBrasil BRAZILIAN TRADE AND INVESTMENT PROMOTION AGENCY



Shout out!

***Oxygen* readers never hold back. Here's what you told us this month.**



A proud husband

My wife has been subscribing and using your magazine as a personal trainer and guide for the past 10 years. She has transformed her body into a true work of art because of her dedication to your articles and advice given in hundreds of tips on proper eating, nutrition, combined with the right type of exercise and her passion for total fitness. I would like to thank you and your staff for making this publication possible and watching my wife continue with interest and enthusiasm with each new issue that arrives at our mailbox. I'm one very proud husband and thankful for your continuing support for fitness and nutrition.
— MICHAEL, VIA EMAIL

"I stopped fearing the weight room!"

I've never written to a magazine before and often thought about contacting *Oxygen* to mention how it has helped me transform. I grew up in Wisconsin — the land of cheese, beer and 12 desserts at every gathering. I never worked out.

After I turned 30, I had two health scares in my family, and they forced me to be honest with myself. I joined a gym and subscribed to *Oxygen*. It gave me a holistic approach on ways to improve my lifestyle. I stopped fearing the weight room.

I recently moved to Arizona and then had another health scare followed by surgery. But I recovered so rapidly that I was in the gym within a week (lifting light of course!). I strongly believe *Oxygen's* great information about workouts, diet, supplements, etc., allowed me to move forward from life-changing events and have an amazingly positive outlook on life!
— ERIKA, VIA EMAIL

Fresh start

I just got my November issue and am SO excited with the resistance-band workout. I had open-heart surgery in July and have been really limited with what strength training I can do, so I haven't rejoined a gym. This is such a great way for me to get started at home. Thank you for making this lifestyle accessible to every level of fitness and equipment availability. You are the best!!!
— JULIE, VIA EMAIL

Evocative photograph

I wanted to let you know how much I appreciated the photo (October 2015) of the fit woman stand-up paddleboarding — it was so gorgeous and very fall-like with the colors of autumn. And I also wanted to say how much I enjoyed the editor's words about persevering through challenges and adversity. Great magazine!
— JULIE, VIA EMAIL

Hey, no more tats!

In your September issue, two readers praised the inclusion of tattooed models. I understand tattooing is a cultural practice for many, but the current vogue for ink among North Americans doesn't come from this context and is, at its core, a fashion trend. I think tattoos that are done without cultural significance are unnatural and unnecessary. I'm hoping to balance out the commentary *Oxygen* chose to showcase in the September issue because a woman's body is beautiful without ink, piercings and artificial enhancements of any kind. My hope is that inked models will not become the norm in the pages of this magazine. Thanks.
— ANNE, VIA EMAIL

youtoldus

OXYGEN WOMEN SHOW US THEIR GYM BAGS

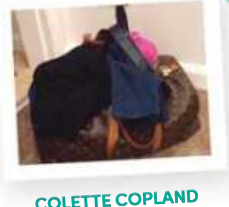
Look for our next request for submissions on our Facebook page and you could be featured here!



ROXANA FEENSTER
Baltimore
Age: 38



LISA ZIZZARI
Coquitlam, British Columbia, Canada
Age: 45



COLETTE COPLAND
Lichfield, United Kingdom
Age: 41

Hey! What do you think? Tell us what's on your mind.

EMAIL US
editorial@oxygenmag.com

VISIT US ONLINE
oxygenmag.com

FOLLOW US ON TWITTER
@oxygenmagazine

JOIN US ON FACEBOOK
facebook.com/oxygenmag

PIN US ON PINTEREST
@oxygenmag

HASHTAG US ON INSTAGRAM
#oxygenmagazine

All content submitted to *Oxygen* will be considered for publication. We reserve the right to edit for length and clarity.

SNAC NUTRITION
THE CREATORS OF ZMA®

XPEDITE

YOUR PERFORMANCE GOALS!™

✓ Physical Strength ✓ Energy ✓ Mental Focus ✓ Reaction Time ✓ Stamina & Endurance ✓ Performance



"XPEDITE is my go-to product for the energy boost needed to train past my comfort zone."

— Breena Martinez,
IFBB Bikini Pro & Fitness Model



XPEDITE™ *is an innovative pre-workout drink mix designed to energize your mind and body for more powerful and effective workouts. This product is not only used for high-intensity athletic activity, but also to ignite an energy and performance boost as needed.*

IT'S TIME TO XPEDITE YOUR FITNESS AND PERFORMANCE GOALS!

800-697-2086
WWW.SNAC.COM

FREE SAMPLES AVAILABLE

SNAC NUTRITION · EUROPA PRODUCTS · BODYBUILDING.COM

The Strength & Power of
RAW VEGAN PROTEINS!



OKSANA GRISHINA
IFBB PRO FITNESS & TEAM SAN
Olympia Champion
2X Arnold Classic Champion

Vegan Diets Haven't Always Been Easy For Athletes

In the past, it wasn't always an easy choice to live a vegan lifestyle if you're goals were to be a serious athlete, let alone if you wanted to build muscle mass. It was hard enough to get abundant protein through diet alone, but almost all supplemental protein sources of the past haven't been vegan-friendly.

A Raw Sprouted Plant Protein for Complete Vegan Nutrition

After a year of vigorous research and development in cold-extrusion technologies, SAN has developed an unmatched, 100% natural, GMO-free, vegan-approved protein formula that completes your whole-food nutrition plan. Not only is **RAWFUSION** formulated to fully complement your vegan lifestyle, it also offers an incredible **21 grams** of custom bio-fermented protein per serving, meaning you'll never have to struggle to get enough of this key macronutrient again.

"I'm not a vegan, but ***I FELL IN LOVE WITH RAWFUSION*** *from my first try! It delivers results and that's what I need to compete!"*
- OKSANA GRISHINA

RAWFUSION's exclusive mix of pea protein isolate, sprouted brown rice and artichoke protein concentrate has created a patent-pending formula that is ideal for vegans seeking fully balanced nutrition. The nutrient profile of **RAWFUSION** is so strong that with over **4.5 grams** of BCAAs, the amino acid profile rivals that of milk protein. SAN's advanced sprouting process results in a very high-quality protein source with a beneficial balance of essential fatty acids and B vitamins, even further negating any arguments about the need for animal-based protein.

RAWFUSION harnesses the power of raw vegan proteins in a whole-food protein formula that is mandatory for anyone seeking an ultra-healthy lifestyle and demanding complete nutrition.*

VEGAN ANIMAL FREE APPROVED



ALSO AVAILABLE IN A WHOLE FOODS PROTEIN BAR!

RAWFUSION HIGHLIGHTS:

- 100% Raw Sprouted Plant Protein.
- Rich in BCAAs & Glutamine.
- Cholesterol & Lactose FREE!
- 100% Natural & GMO FREE!

SANN.NET
(888) 519-9300

All Wholesale Inquiries Contact:

BODYBUILDING.COM · nutrition.com · Vitacost · MUSCLE & STRENGTH · amazon.com · AllStarHealth · EUROPA

* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

oneonone

LET *OXYGEN* BE YOUR PERSONAL TRAINER

FITNESS NEWS 22
NUTRITION NEWS 26
HEALTH NEWS 30
MIND & BODY NEWS 32
FAT LOSS NEWS 34



GIVE YOUR SPIRITS A LIFT!
Cold-weather exercise has untold benefits – you can burn more calories and strengthen your heart, and the fun factor of getting outside on a toboggan and taking a run down the hill can lighten your mood. Keep in mind: Dress in layers, wear a hat and don't forget your sunscreen.



Protect kids from cancer

Were you an active kid? Good news: A report published in *Cancer Epidemiology, Biomarkers & Prevention* found that in a study of 75,000 Chinese women older than 40, those who exercised 80 minutes or more a week as teens had a 16 percent lower risk of death from cancer and a 15 percent lower risk from death overall. Bonus round: Women who stayed active through their adult years saw a 20 percent risk of death from cancer. Do these active things with your kids this holiday season and give them a gift that will last a lifetime:

- Make a snowman.
- Have a snowball fight.
- Go ice skating.
- Go sledding.
- Play a Wii tournament with your family.
- Have a dance-off, boys versus girls.

By Lara McGlashan, MFA, CPT, Fitness Editor

She scores! How to: Take a slap shot

Don't be a hack: Use these tips from U.S. Women's National Hockey Team forward, two-time Olympic silver medalist and three-time world champion Kelli Stack to score a goal and earn some mad respect at the rink.

1.) Position the puck a stick's length in front of you and face it sideways, as if you were going to drive a golf ball, shoulders and hips square.

2.) Place your hands shoulder-width apart on the stick toward the center with your dominant hand at the bottom, and glance at your target.

3.) Keep your eye on the puck as you pull the stick up to waist height or more, then transfer your weight from your back leg to front leg to generate power through your hips as you swing the stick.

4.) Hit the ice a few inches in front of the puck, causing your stick to flex slightly and generate a whipping action.

5.) Follow through with the blade of the stick in the direction you want the puck to go — high, low or to the side.



FUN FACT: A hockey puck can fly as fast as 100 miles an hour.

"Every piece of the universe, even the tiniest little snow crystal, matters somehow. I have a place in the pattern, and so do you." — T.A. BARRON, AUTHOR



Aerobic antidote

If you're nodding off during work meetings or catnapping during your kid's ballet recital, then you need a quick dose of aerobic exercise. A new study from the University of Texas Southwestern Medical Center found that aerobic exercise reduced the levels of two biomarker proteins that result in excessive sleepiness. Both fatigue and hypersomnia (the compelling urge to nap repeatedly during the day) are strongly linked to depression. To shake the daytime sleepies, take a walking break between meetings at work, dance along to the music while watching ballet rehearsal, or add at least 20 minutes of aerobic activity to your workout three to five days per week.

123,355

NUMBER OF INJURIES TREATED BETWEEN 2002 AND 2012 RELATED TO HIGH HEELS. MOST COMMON: STRAINS AND SPRAINS. AVOID LOOKING LIKE A BABY REINDEER AND TWISTING A HOOF IN YOUR MANOLO BLAHNIKS WITH THESE THREE MOVES TO IMPROVE BALANCE AND ANKLE STRENGTH. DO THIS WORKOUT AS A WARM-UP FOR A LOWER-BODY WORKOUT OR CARDIO SESSION, OR AS A FINISHER ON LEG DAY.



MOVE	SETS	REPS/TIME
ONE-LEGGED CALF RAISE	3	15 EACH LEG
POGO HOP	3	30
TREE POSE (YOGA)	3	30 SECONDS PER LEG





Oxygen breaks it down:

barbell deadlift

Bend over, pick something up, stand up, put it back down. In theory, a deadlift is a simple maneuver, yet sometimes simplicity can be deceiving. Deadlifts use nearly every muscle group in the body and are the No. 1 move for developing synergistic back and core strength while also putting a heavy demand on the glutes and hams. Here are some of the finer technical points of this exercise to help you get it right and accelerate your results.

1.› Load a barbell on the floor and stand with your feet shoulder-width or slightly wider apart. Your shins should be close to the bar.
2.› Hinge at the hips with your spine neutral and push your butt back as far as you can before bending your knees and lowering your torso toward the bar to grasp it. This loads the glutes and hamstrings in preparation for the lift.
3.› Your starting hip position depends somewhat on your height: Taller people with longer thighs should set up with a slightly higher hip angle, while people with shorter thighbones can be lower. Regardless, your hip should never go below your knees. In that instance, you're squatting, not deadlifting.
4.› Take either an overhand grip or flip grip on the bar with your hands outside your legs. A flip grip — in which one hand is supinated and the other is pronated — is a good choice if you're lifting heavy because it offers more stability since there are five fingers on either side of the bar.
5.› Lift your chest and straighten your back without dropping your hips so your shoulder blades are over the barbell (and your shoulders are just in front of it) and the barbell is over your midfoot.
6.› Take a big breath in at the bottom and hold it, then perform the lift. This creates intra-abdominal pressure, helping support your spine and keeping it neutral to maintain core rigidity.
7.› Take the "slack" out of the bar by drawing your shoulder blades together and pulling up on the bar slightly until it meets the resistance of the plates and makes a "clink," then pull it off the floor.
8.› As you rise, simultaneously lift your chest and move your hips forward at an equal pace to maintain your proper back position and body alignment. If your hips rise too quickly, you're straightening your knees before the weight leaves the floor, resulting in a stiff-legged deadlift hybrid and negating your back and glutes.
9.› Your back should always remain neutral; don't look up or down as you lift because it might cause you to drop your hips. Also, a rounded back compresses the front of your spinal disks, which can result in a herniation.
10.› Lower the bar by pushing your hips back first. This gets your knees out of the way and prevents the bar from hitting them on the descent. Once the bar passes your knees, bend them and lower the bar back to the floor.

A FEW DEADLIFT VARIATIONS TO TRY:

- Sumo deadlift
- Dumbbell deadlift
- Stiff-legged deadlift
- Romanian deadlift
- Smith-machine deadlift



PHOTOS TOP TO BOTTOM: CORY SORENSEN, PETER LUEDERS



PHOTOS BY PETER LUEDERS

MOVE OF THE MONTH: WALL WALK

Work your whole body and get vertical with this badass, arachnid-like move.

Setup: Lie facedown on the floor with your feet touching a wall behind you and your hands flat on the floor beside your shoulders, head down, spine neutral.

Move: Extend your arms and press up into a plank, then walk your feet quickly up the wall behind you while simultaneously walking your hands toward the wall. Continue until you come into a full handstand with your belly against the wall. Slowly walk your hands back out and your feet back down to the start position.

Tip: Speed is your friend — the quicker you can get your feet moving upward and your center of gravity above you, the easier it will be to get vertical.

Does this marriage make me look fat?

It might. A new study out of Germany found that while married couples tend to eat healthier, they also weigh significantly more than their single counterparts. Keep yourself and your better half in fighting form with these fit couple activities:

- Team up and run an obstacle race, such as a Tough Mudder or a Spartan Race
- Join a coed sports league. Try volleyball, softball or flag football.
- Do a charity road race together, generating money for those in need while shaping up together.
- Go out dancing. Dancing can burn hundreds of calories an hour, so hang loose and get jiggy with it.
- Try a partner yoga class to improve flexibility. Warning: Some of the poses are downright intimate and will heat up a relationship on and off the mat.

Meal management made simple, portable and fantabulous.



WWW.MODAVATEME.COM | INFO@MODAVATEME.COM | (573) 822-2862



Start your day right with complex carbs.

By the *Oxygen* editors, Jessie R. Shafer, RD, and Steven Stiefel

Food smarts

These three tricks will help you lose fat and retain hard-earned muscle.

When you want to achieve it all — fat loss, muscle maintenance and improved metabolic rate — it's a matter of following sage nutrition tips. After all, anyone can lose weight by drastically cutting calories. But that doesn't mean it's the most effective strategy for losing body fat. In fact, it's not. That's especially true over the long run. Severe calorie restriction leads to loss of muscle tissue and water weight, ultimately reducing your metabolic rate. This means it's then easier to add body fat when you return to your normal eating patterns.

These three crucial tips are all you need to know to get the most from your diet: body-fat loss, muscle maintenance and metabolic support.

1. Only cut calories moderately.
You should only reduce your calorie intake about 20 percent below your baseline for bodyweight maintenance. That means an active woman who consumes 2,000 calories a day should consume no fewer than 1,600 calories per day. The good news is that you'll keep muscle, lose body fat and you won't starve yourself, either.

2. Eat multiple small meals per day.
Taking in six meals a day will help you in multiple ways. First, it will keep a steady stream of nutrients in your body. Second, it will help keep you from feeling hungry. Third, it will rev up your metabolic rate. And there's a fourth: It will also help you burn more calories because digesting food takes calories. The more often you eat, the more you burn. That explains why the flip side, eating only one meal a day, leads to body-fat storage.

3. Consume more fats and protein.
As well as including complex carbs in your diet, you need to include fats and protein. Fats provide satiety, and protein gives you amino acids that help prevent muscle-tissue breakdown. In addition, consuming protein also boosts metabolic rate, increasing your body's ability to burn body fat.

48

THE NUMBER OF WEEKLY WORKING HOURS THAT INCREASES YOUR CHANCES OF HIGH ALCOHOL INTAKE. A SCIENTIFIC ANALYSIS DETERMINED THAT PEOPLE WHO WORKED LONGER HOURS WERE MORE LIKELY TO ENGAGE IN RISKY ALCOHOL CONSUMPTION, WHICH IS DEFINED AS 14 OR MORE DRINKS PER WEEK FOR WOMEN. IF YOU FIND THAT WORKING LONG DAYS MAKES YOU MORE LIKELY TO CHOOSE ALCOHOL, IT'S TIME TO CUT BACK YOUR HOURS AND HEAD TO THE GYM FOR A HEALTHIER FORM OF STRESS RELIEF. TOP TIP: TRY THIS MONTH'S UNIQUE EIGHT-MOVE PLAN ON PAGE 60, WHICH WILL CRUSH STRESS AND BUILD STRENGTH.



WWW.GYMANGEL.COM

TAKE flight!



Available At :

BODY BUILDING.com

NUTRAPLANET
www.nutraplanet.com

GYMANGEL™

DIETARY SUPPLEMENTS DESIGNED SPECIFICALLY FOR WOMEN.

It's bar time!

Two of our favorite power-packed protein bars



LEMON BLUEBERRY PROTEIN BARS

Makes 12 servings
By Marie Major

Each protein bar delivers 12 grams of protein in a low-calorie bar that tastes like a dessert. Mmmmmmmm!

- 1 cup oat flour
- 5 scoops of vanilla protein powder
- 4 ounces unsweetened applesauce
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- ½ teaspoon salt
- ¼ cup stevia
- 1 teaspoon vanilla
- lemon zest (outer peel of rind) to taste, about 1 to 2 lemons
- 2 to 3 lemons, squeezed, to taste
- ½ cup nonfat Greek yogurt
- 4 egg whites
- ½ cup unsweetened almond milk
- 1 cup frozen blueberries

Preheat oven to 350 degrees, and mix all dry ingredients, lemon zest and juice in a bowl, including lemon to your taste. Add vanilla, egg whites, Greek yogurt and almond milk, mixing well. Then add the blueberries. Pour into a greased 9-by-13-inch pan, place in oven and bake for 30 minutes.

Nutrition facts (per serving): 103 calories, fat 1.5 g, carbs 10 g, protein 12 g



APPLE PIE PROTEIN BARS

Chef Gina Hudson created the following plant-based protein recipe you can make yourself in just 15 minutes. Lead instructor at the Living Light Culinary Institute, Hudson creates healthy recipes for active lifestyles. GinaHudson.com

Wet Ingredients

- 2 bananas, mashed
- ½ cup almond butter (or nut butter of choice)
- ½ cup raw coconut nectar (or liquid sweetener of choice)
- 2 teaspoons vanilla extract

Dry Ingredients

- 1½ cups oat flour
- 1 cup oats, whole
- 1½ cup dried apples, chopped
- 1 cup buckwheat flour
- ½ cup soaked and dehydrated raw buckwheat groats or kasha (Kasha is toasted buckwheat.)
- ½ cup raisins
- ½ cup shredded coconut
- ¼ cup hemp seed
- 2 teaspoons ground cinnamon
- ½ teaspoon lemon zest (the yellow part of the lemon peel)
- ¼ teaspoon nutmeg
- ¼ teaspoon salt

1. Put the wet ingredients in a blender and blend until well-combined and creamy. Alternately put the wet ingredients in a bowl and whisk rapidly to combine until creamy.

2. In a medium to large mixing bowl, put the dry ingredients in and mix together well with a spoon.

3. Pour the wet ingredients into the bowl of dry ingredients and mix together with a spatula or your hands to combine together thoroughly. Using gloves can help mix with hands.

4. Line a glass pan or cookie sheet (9-by-9 inch, 7-by-11 inch, etc., all work great) with parchment paper, having paper come out of two of the ends so the bars can be lifted out of the pan. Using your hands, press the mixture into place. Use a rubber spatula to smooth out and ensure entire pan has an even surface.

5. Place pan in refrigerator for a minimum of one hour. This allows the bars an opportunity to firm up and hold their shape while cutting. Recommended shapes when cutting are rectangles, squares or energy nuggets.

Storage suggestion: Store in an airtight container. Bars will keep for one month in the refrigerator and three months in the freezer.

Nutrition facts (per serving): calories 261, fat 8 g, carbs 43 g, fiber 6 g, protein 7 g

6

THE NUMBER OF TIMES, EVERY DAY, THAT YOU SHOULD CONSUME PROTEIN. YOU DON'T NEED TO CONSUME MUCH AT YOUR "MINI-MEALS," BUT STRIVE TO CONSUME A MINIMUM OF ABOUT 10 GRAMS PER SERVING TO FUEL FAT LOSS AND LEAN MUSCLE MAINTENANCE.



Dried apples are an easy, healthy snack.



By Lara McGlashan, MFA, CPT, Fitness Editor



Pucker up!

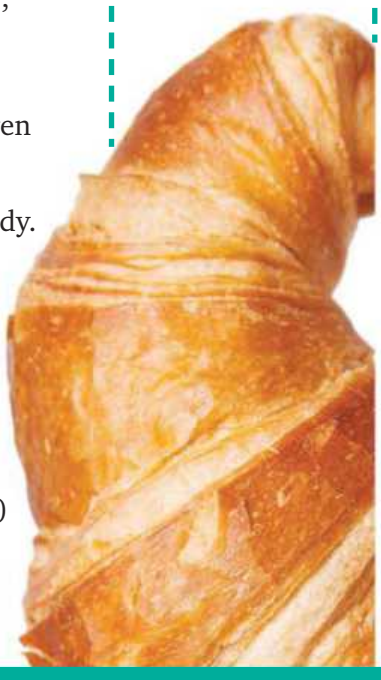
Little did you know going under the mistletoe could be a workout? Check out these sizzling kissing facts and get your burn on!

- French kissing involves all 34 muscles in the face; a pucker kiss only involves two.
- The orbicularis oris, aka the "kissing muscle," allows the lips to pucker.
- When kissing, your heart beats faster, more oxygen reaches your brain and oxytocin — the "love hormone" — is released into your body.
- Kissing can lower the levels of cortisol in your body.
- One minute of kissing burns 2 to 5 calories.
- Two out of three people turn their head to the right when kissing.
- The fear of kissing is called philemaphobia.
- Lips are 100 times more sensitive than the tips of the fingers.
- The World's Longest Kiss was 58 hours, 35 minutes and 58 seconds. (If you're doing the math, that's about 7,000 to 17,000 calories!)

And one ewww: When you kiss, you exchange between 10 million and 1 billion bacteria.

Could bread be making you sad?

Apparently yes. A new study published in *The American Journal of Clinical Nutrition* found that refined carbohydrates such as breads, processed foods and baked goods might raise the risk of depression in women. Researchers hypothesize that the spikes and crashes in blood sugar can result in anxiety, hunger and irritability, as well as fatigue. Fortunately, they also found that those who ate plenty of fruits, veggies and whole grains seemed to reduce their risk of depression. Rock on, clean eaters!





Sipping saboteurs

Everyone knows about the dangers of eating too much over the holidays, but what about those liquid calories? When one single cup of eggnog comes in at 223 calories and about 11 grams of fat, it's prudent to consider this savvy holiday substitute instead:

HOLIDAY CRUSH

- 2 ounces Zevia* Grapefruit Citrus flavor
- 1.5 ounces vodka
- 0.5 ounces St. Germaine elderflower liqueur
- 3 teaspoons pomegranate seeds
- fresh grapefruit chunks

Muddle the pomegranate seeds and grapefruit with the liqueur, then add vodka and Zevia, top with crushed ice and mix. 149 calories, 0 grams of fat

***Bonus:** Zevia is Non-GMO Project Verified, color-free, with no artificial colors or sweeteners, no sugar and no high-fructose corn syrup!

30

PERCENTAGE OF WOMEN IN THE U.S. WHO STILL USE TANNING BEDS, ACCORDING TO GEORGETOWN UNIVERSITY MEDICAL CENTER. THOUGH IT MIGHT BE TEMPTING TO GET YOUR SUN FIX AND SCARE AWAY THE DEEP SHADOWS OF WINTER, TANNING BEDS CAN ABSOLUTELY CAUSE DEADLY SKIN CANCERS SUCH AS MELANOMA, SO STICK TO BOTTLE-BRONZING INSTEAD. OUR PICK: ST. TROPEZ SELF TAN DARK BRONZING MOUSSE. LIGHTWEIGHT, STINK-FREE AND NONDRYING. $44, ULTA.COM.

THE FINAL STEP

For A Perfectly Lean Body

Do you struggle with shedding those last few pounds to accentuate your perfectly lean physique? All too often, no matter how hard you work out and diet, you just can't seem to lose those last few pounds to highlight your muscle tone and definition. The fact is, most women are storing 5-10 lbs. of excess water, causing them to look soft and bloated. Fortunately, XPEL, the powerful all-natural diuretic, can help you drop water weight fast. It's so effective that within 12 hours, XPEL will begin to shed the excess water weight and reveal your sexy, lean and toned body.

XPEL is the final step in your pursuit of physical perfection.



Your Water Weight Solution

GNC LIVE WELL · theVitamin Shoppe every body matters · BODYBUILDING.com · VITAMIN WORLD · LuckyVitamin · RITE AID

Join Team MHP!

facebook.com/TeamMHP
twitter: @MHPStrong
instagram: mhpstrong

Call Now or Go Online to Order Today!
1.888.783.8844
MHPSTRONG.com

MHP MAXIMUM HUMAN PERFORMANCE

© 2015 Maximum Human Performance, LLC. All rights reserved. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, cure, treat or prevent any disease. For short-term use for temporary water weight loss. Do not use for more than 10 consecutive days. Do not use if pregnant or lactating. Your results may vary.

By the *Oxygen* editors

Strong body, strong mind

The benefits of exercise go way beyond shaping a sleek physique. Here are seven of the best.

You probably exercise to reap the many physical rewards that come with being fit, and there's nothing wrong with that. Looking great is a potent motivator to keep you on track with your workout regimen. But there's more to it than looks. Study after study has shown that staying active has tangible results for improved mood, better body image and even a happier home life. We've been so inspired by seeing the positive news about exercise and the mind that we sifted through the past year's worth of Mind & Body News columns to find the highlights, presented here. Get ready for good news!

1] Age defying. Exercise makes for good blood flow, which benefits the brain. "There is recent evidence that people who get more physical activity get more blood flow to the brain," says Daniel Nation, Ph.D., assistant professor of psychology at the University of Southern California. That's important because in older adults, reduced blood flow to the brain may be a risk factor for cognitive decline.

2] Mood improving. Taking your cardio outdoors is great for your mental state. "Compared with exercising indoors, exercising in natural environments was associated with greater feelings of revitalization and increased energy together with decreases in tension, anger and depression," says Jo Thompson Coon, Ph.D., senior research fellow at the University of Exeter Medical School in the U.K.



3] Libido lifting. Exercise can give you a boost in the bedroom. A regular workout routine can increase stamina and lead to better feelings about your body. These positive feelings, in turn, lead to a more satisfying sex life and greater arousal.

4] Superwoman supporting. Researchers found that women who exercised regularly handled the interaction of work and home lives better and were less likely to feel strain. Those who were the most emotionally drained from work did not adhere to any form of exercise. Conversely, those who exercised three times a week (or more) were not as fatigued and felt able to meet the responsibilities of both work and home.

5] Exertion easing. If you pump yourself up with positive words, you make the job at hand a little easier. When people used motivational self-talk during workouts, they reported that exercise felt easier. In fact, they improved their time to exhaustion — so they either exercised for a longer time or did the same workout feeling less tired.

6] Network building. When you train at the gym and surround yourself with people who share your passion for fitness, you set yourself up for success. A study by Dutch researchers found that people who struggle with temptation can get a self-control boost by being around strong-willed types. Other studies have found that just thinking about someone with strong resolve or watching others practice positive self-control can help you overcome temptation.

7] Bravery boosting. The experience of building your physique contains many positive side effects for the rest of your life. While it might seem like guts are something you're born with, that's not entirely the case. In many ways, mental toughness is like physical strength. Once you're stronger in the gym, you just might find yourself ready to take on a difficult issue in your life that has seemed beyond your control.

"Exercise can increase stamina and lead to better feelings about your body. These positive feelings, in turn, lead to a more satisfying sex life."

RSP



THE SCIENCE

CLA (Conjugated Linoleic Acid)(Clarinol®)
- Helps reduce the number of fat cells in the body*
- Supports the breakdown of body fat*

Raspberry Ketones
- Supports thermogensis in brown adipose tissue*
- Decreases the absorption of fat*

L-Carnitine
- Helps convert fat into usable energy for the body*
- Supports increased metabolism*

Garcinia Cambogia
- Limits enzyme production that turns carbohydrates to fat*
- Supports appetite control & mood enhancement*

FOLLOW US ON @RSPNUTRITION

#TEAMRSP

*These statements have not been evaluated by the food and drug administration. This product is not intended to diagnose, cure, or prevent any disease.

By the *Oxygen* editors

Metabolic jet lag?

Think jet lag after a long overseas flight is tough? That's the kind of battle your body's metabolic organs go through when you eat erratically, according to new findings published recently. Scientists from the Salk Institute for Biological Studies link erratic eating habits with a disruption in the body's natural circadian rhythms. The result? Eating junk at the wrong time and packing on the pounds. (Yes, that pizza at midnight can cost dearly.) Although it's preliminary, the researchers believe that restricting the time when you eat — and for how long — may lead to more weight loss and better overall health impact.



GET LEAN WITH EDAMAME

If you're looking to lose more body fat (and let's face it, it's tougher at this time of year), turn to a green, lean snack — edamame. These soybeans are not only tasty, but they also have the key micronutrients for women who want to add more muscle tissue and reduce body fat. And research has also determined that eating plenty of soy-based foods is good for your long-term health. One cup of edamame contains only 189 calories — compare that to a holiday appetizer like spinach artichoke dip, which can add more than 300 calories and a ton of fat and sodium.

Reduce the risk by *reducing*

You likely know all the benefits of keeping your weight down — less risk of suffering from cardiovascular disease, diabetes, high blood pressure and a host of other health problems. But there's yet another critical reason to keep your waistline slim. Your risk of ovarian cancer rises by 6 percent for every 5-point increase in body mass index, according to a report compiled by the American Institute for Cancer Research and the World Cancer Research Fund. Keep in mind that 90 to 95 percent of cancers may be preventable through diet and lifestyle. Aim to keep your BMI below 30 (over which point the greatest risks were seen).

70%

AMOUNT OF CALORIES THAT COME FROM PROTEIN IN LOW-FAT COTTAGE CHEESE. A 4-OUNCE SERVING CONTAINS 14 GRAMS OF PROTEIN AND ONLY 80 CALORIES.



55 mg

Amount of selenium a woman needs each day. This trace mineral is a powerful antioxidant and is involved in metabolism.

MUSCLETECH™
RESEARCH & DEVELOPMENT

MISSION1™
CLEAN PROTEIN BAR

NEW!

AMERICA'S #1 SELLING



— ABSOLUTE BEST-TASTING —

CLEAN PROTEIN BAR EVER!



You're on a mission to be the best. Whether your mission is to get more fit, score more goals, or to just get more done, MISSION1™ Clean Protein Bars from MuscleTech® are designed to get you there using premium nutrition with a delicious, gourmet taste that's better than any other protein bar available. Made with only the highest quality ingredients, they're big on flavor and deliver everything athletes want in a high-performance bar. We put in our best, so you can be your best.

Get the ultimate in taste and performance with MISSION1™ – clean, premium nutrition to help you achieve all of life's daily missions!

- 21G PROTEIN
- 17G FIBER W/IMO
- NO ARTIFICIAL FLAVORS OR COLORS
- GLUTEN FREE
- 0G SUGAR ALCOHOLS
- WITH STEVIA

Tell us what missions inspire you to reach for the top.

#mission1bar **mission1bar** **mission1bar.com**

BODYBUILDING.COM™ theVitamin Shoppe® MUSCLESTRENGTH iHerb® EUROPA LONE STAR MUSCLE FOODS USA

‡MuscleTech® is America's #1 Selling Bodybuilding Supplement Brand based on cumulative wholesale dollar sales 2001 to present.

Facebook logo is owned by Facebook Inc. Read the entire label and follow directions. © 2015

Replenish and refresh

Combine frozen peaches and protein powder for sweet muscle-building benefits. **By Matthew Kadey, MS, RD**



PEACH POWER
Makes 1 serving

- 1 cup unsweetened vanilla almond milk
- 1 cup frozen peaches
- 1 scoop vanilla-flavored whey protein
- 1 tablespoon unsalted almond butter
- ½ tablespoon pure maple syrup
- ¼ teaspoon ground cinnamon
- 2-3 ice cubes

Place all the ingredients in a blender container and mix until smooth. Add more ice as needed to get desired consistency.

Nutrition facts (per serving): calories 306, total fat 13 g, protein 26 g, sodium 102 mg, carbs 25 g, fiber 4.5 g

Shopping tip: Make sure to buy frozen peaches that don't contain any added sugar!

GOOD-FOR-YOU FUEL

» **Scientific whey:** A study published in *The American Journal of Clinical Nutrition* found that whey protein can help rev up fat-burning metabolism. Plus, it's the go-to protein source for fitness competitors looking to build lean muscle.

» **Naturally delicious:** Peaches are frozen at the peak of their summer ripeness, so you can store them in your freezer for use any time you want a taste of summer. Adding frozen peaches to your smoothies is a great way to load up on potassium, vitamin A and vitamin C.

» **A taste of maple:** Try using a little bit of maple syrup as a sweetener in your homemade smoothies. Studies have shown that it possesses a range of anti-aging antioxidants.

» **Nutty truth:** Using almond butter in your smoothies adds creaminess and good amounts of heart-healthy monounsaturated fat. Almond butter has been shown to help elevate levels of healthy HDL cholesterol, which is known for its role in fending off heart disease.



SWEETEN UP YOUR FAVORITE RECIPES AND BEVERAGES... GUILT-FREE. NO ARTIFICIAL INGREDIENTS. DELICIOUS TASTE.

ADD TO PLAIN OR SPARKLING WATER TO HYDRATE DELICIOUSLY. NO SUGARS. NO ARTIFICIAL SWEETENERS.

ZERO CALORIES ~ NON-GLYCEMIC RESPONSE ~ ZERO CARBS ~ AWARD-WINNING TASTE

www.SweetLeaf.com Like Us On Facebook

BUY: www.ShopSweetLeaf.com and in your natural foods or grocery store.



Sweet and savory, this salad is a delicious break from the ordinary!

True blue benefits

Add antioxidant powerhouses blueberry and garlic to wild rice for a bowlful of delicious, muscle-building nutrition.

Recipe from the U.S. Highbush Blueberry Council

One great way to add nutrients and flavor to your diet is to take a basic staple like wild rice and pump it up with a few healthy, tasty ingredients. This wild rice salad starts simple, then goes to the next level of nutrition with the addition of blueberries and garlic. It's loaded with fiber to keep you satisfied for hours, as well as potent vitamins and minerals that support your work in the gym. This recipe serves four, so you can make it a side dish at dinner or keep it all to yourself for a tasty snack on the go (just add some cooked chicken or fish to make it a meal).

BLUEBERRY WILD RICE SALAD
Makes 4 servings

- 1 package (8 ounces) wild rice blend
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- ¾ cup blueberries
- 2 tablespoons balsamic vinegar
- ½ cup toasted pecans, chopped
- ¼ cup thinly sliced scallions
- 3 tablespoons chopped fresh mint
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

1. Prepare wild rice blend according to package directions; drain well. Remove to mixing bowl; set aside.
2. In a small skillet, heat oil over medium heat. Add garlic; cook and stir one minute. Reduce heat to low.
3. Stir in blueberries and vinegar; cook five minutes, stirring frequently.
4. Add blueberry mixture to the rice. Add pecans, scallions, mint, salt and pepper; toss to combine.

Nutrition facts (per serving): calories 334, total fat 14 g, saturated fat 1 g, protein 5.5 g, carbs 53 g, fiber 6 g

WHAT'S SO GREAT ABOUT IT?

» **FAST FACT:** Blueberries are bursting with popularity! U.S. per capita consumption of blueberries went from 17.8 ounces in 2000 to a projected 50 ounces in 2015.

» **MINERAL-RICH GRAIN:** High in fiber, wild rice is also a great source of minerals such as magnesium, which facilitates muscle function. It also provides 15 percent of your daily requirement of zinc, which helps keep your body's immune system working smoothly.

» **GREAT GRAZING:** Wild rice is an excellent source of B vitamins, which are essential for your body's production of energy. And despite the name, it's not truly rice: It's actually a type of edible grass.

» **BERRY SMART:** Blueberries are an excellent source of vitamin C, which promotes wound healing, and manganese, which plays an important role in converting macronutrients into energy and helps the body process cholesterol.

» **GARLIC POWER:** The allicin in garlic is a superfood superstar — it reduces risk of coronary artery disease, stroke and even some cancers!

protein perfection

#NoGiiLife

Whey & Quinoa

A unique combination of flavor, taste, and texture for even the fussiest gluten-free palate.

Certified GF Gluten-Free

Available at: CVS pharmacy Walgreens

nogii™

From Elisabeth Hasselbeck

Cocoa Chocolate • 170 Calories • Gluten-Free • 7g Fiber • 20g Protein • Probiotics

NoGii.com









Super simple

When you're heading into the madness of the holidays, you and your family may need some clean comfort food. Whip up this easy, savory Italian-style meal in half an hour. **By the *Oxygen* editors and Jessie R. Shafer, RD, LDN**

Sometimes you crave the taste of summer, even in the middle of winter. Using sun-dried tomatoes in any meal gives you that memorable warm-weather flavor and a whole lot more: Sun-dried tomatoes pack more lycopene than fresh and yet still have all the nutrients in fresh tomatoes, including vitamins A, E and C and the nutritional powerhouse potassium.

And when you want that sweet tomato fix in your other wintertime meals, your best bet is to think small. "Red grape tomatoes, or Cherubs, are the most popular tomato in the United States because of their sweetness every day, all year long," says Michael Joergensen, director of marketing at NatureSweet, the largest tomato grower in North America. "We know from research that consumers prefer small tomatoes 75 percent of the time for their sweet flavor and no-slicing convenience."

SUN-DRIED TOMATO STUFFED PORK CHOPS
Makes 4 servings
Serving size: 1 stuffed pork chop
Total time: 30 minutes
Hands-on time: 15 minutes

- 4 boneless, center-cut pork chops (4 ounces each)
- ½ medium onion, finely chopped (1 cup)
- 2 thin slices whole-grain bread, cubed (1 cup)
- 8 prunes, diced (½ cup)
- ⅓ cup chopped bottled oil-packed sun-dried tomatoes (about 10)
- 1 egg
- 2 teaspoons minced fresh rosemary leaves, divided
- ½ teaspoon ground sage, divided
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 tablespoon olive oil

Directions:
1. Using a small sharp knife, carefully cut a slit in the center of each pork chop, being careful not to cut all the way through each chop. Gently open each pork chop to form a pocket.
2. In a small bowl, combine onion, bread cubes, prunes, sun-dried tomatoes, egg, 1 teaspoon rosemary and ¼ teaspoon sage; mix until well-combined and softened. Divide mixture among pork chops and gently press filling into the pocket in each pork chop until it is firmly stuffed. Pinch the edge of the pork chop to enclose the filling and secure with toothpicks.
3. In a small bowl, combine remaining 1 teaspoon rosemary, remaining ¼ teaspoon sage, salt and black pepper. Rub some of the mixture over one side of each pork chop, pressing mixture into the pork.
4. Heat oil in a large skillet over medium-high heat. When oil is hot, add pork chops to skillet, seasoned side down. Gently press remaining seasoning mixture into the side of the pork chops that are facing up. Cook pork chops until cooked through, turning once, about five minutes per side. Serve immediately.

Nutrition facts (per serving): calories 392, total fat 18 g, saturated fat 5 g, trans fat 0 g, sodium 445 mg, carbs 22 g, fiber 3 g, sugar 10 g, protein 38 g



Sun-dried tomatoes: Other than the water lost in the drying process, dried tomatoes retain their nutrition value and are a very concentrated source of lycopene. Oil-packed dried tomatoes don't need to be rehydrated, making them an ideal flavor-burst addition to appetizers, dips, sandwiches, salads and pizzas.

Ounce for ounce, sun-dried tomatoes contain up to four times as much lycopene as fresh tomatoes.



Globe tomatoes: Also known as slicing or beefsteak tomatoes, this is the umbrella term for all-purpose tomatoes that are large, round and red — perfect for using in sandwiches, topping pizzas and adding to soups.



Heirloom tomatoes: With the growing popularity of heirloom tomatoes (open-pollinated varieties that have been passed down through generations), it's no longer uncommon to find tomatoes that are orange, yellow, green and even purple. The good news is that all tomatoes — not just the dark red ones — contain lycopene and other carotenoids that have anti-inflammatory effects. "Each pigment has a different pathway and behaves differently in our bodies, but the end result is the same," says Joy Dubost, Ph.D., RD.



Bite-size tomatoes: Little cherry, grape and pear tomatoes have concentrated sweetness, making them ideal for snacking and adding to salads whole or halved. "Forty-eight percent of adult eating happens between meals," Michael Joergensen says, who suggests packing little tomatoes for between-meal snacks and adding them to smoothies to help boost their nutrition. A small bowl of 15 little tomatoes has less than 50 calories, contains 1 cup of water and packs 3 grams of fiber.



Roma tomatoes: Also known as plum tomatoes, this tomato variety has the highest ratio of flesh to juice, making them the ideal size to use in fresh salsas and cook into thick sauces. "I also like to use them as no-cook pasta sauces. Simply chop the fresh tomatoes and toss them with hot cooked pasta and other chopped fresh vegetables for an easy, light summer meal," Dubost says.



CLEAN & LEAN
SUMMER
BODY CHALLENGES



LOSE WEIGHT & GET TONED
Includes! Weekly Meal Plans, Workout Videos & Recipes
www.toscareno.com/shop



Great gifts!

Whether you plan on spoiling a friend or simply rewarding yourself for staying true to your workouts, we've got you covered with this year's fittest finds. **By Myatt Murphy, CSCS**

1. Snuggle up
The Valencia hoodie from MPG boasts a substantial fleece that is soft to the touch as well as a flattering slim fit. Its warmth extends past your wrist and neck, as the extra-long sleeves have a thumb-hole in the cuffs, and you can wear the hood either up or snapped down with a strap.
$60, mpgsport.com

2. Main squeeze
Waring's brushed stainless-steel juice extractor whips up fresh vegetable or fruit juice lightning fast (thanks to its extra-wide feed chute) and features an oversize 32-ounce juice cup. But what testers loved most was how easy it was to clean — all its parts are dishwasher safe and the rest wipes clean with a sponge.
$70, waringpro.com

3. Prep pal!
Whipping up healthy meals for the week is a snap with Cuisinart's Elemental 11 food processor. The BPA-free device slices and shreds everything with ease (even foods that are never fun to cut up, such as tomatoes and nuts) and eliminates accidental messes by locking its blades in place when you're pouring out ingredients.
$150, cuisinart.com

4. Training partner
Ryka's Kinetic is one seriously versatile training shoe. The low-profile footwear is super supportive and features a breathable mesh upper, a rounded toe for more wiggle room, and a rubber outsole with circular pivot points that make twisting and turning a breeze.
$65, ryka.com

5. Get a grip!
Give your fingers a friend the next time your workout takes you out in the cold with Salomon's Active Glove U. These lightweight breathable gloves feature a special touch-screen fabric so you can use your phone or music player without having to take them off.
$25, salomon.com

6. Rub the right way!
If soothing your aching muscles from head to toe sounds like heaven, the Trigger Point Wellness Collection makes that dream a reality. The therapeutic self-care program walks you step by step (via videos accessible on your tablet) through a series of deep-tissue techniques and comes with a variety of balls and rollers.
$130, tptherapy.com

PHOTOS OF ITEMS 1, 8 AND 9 BY PETER LUEDERS



7. Grab this bag
Baggalllini's Have It All-Weekender Bag doesn't make you sacrifice style for being practical. Made from a water-resistant, lightweight (but durable!) fabric, the bag features multiple pockets — including a mesh one for shoes — and front straps for your yoga mat or beach towel.
$98, baggallini.com

8. Nice neck!
When the hard work in the gym is over, will you be stepping out into a cold parking lot? The Soybu Jordyn scarf is a great accessory to keep the chill out. It tucks away nicely in a gym bag, and it's made from a cotton/acrylic blend, so you can throw it in the wash.
$28, soybu.com

9. Stand out
Made from Supplex, these Body by Brazil leggings stretch to fit perfectly, plus they dry quickly and don't retain odor. The gorgeous tropical night graphic will remind you of lazy summer strolls on the beach, and it won't fade even after repeated washing.
$78, bodybybrazil.com

10. Above water
As smart as it is sleek, bobble Infuse is a water bottle that thinks of everything. It's BPA-free, comes in six cool colors and gives you options on how to hydrate. Sure, you can use it like a regular bottle, but its unique center cage also lets you either add a carbon filter or add fruit or vegetables to infuse your water.
$15, waterbobble.com

11. Super snacker
Testers loved the convenience of West Bend's clear air hot air popcorn machine. The popper not only makes up to 4 quarts of popcorn in less than three minutes (about as fast as microwave popcorn, minus the oil, fat and chemicals), but its slim shape also takes up minimal space on a counter.
$50, westbend.com

12. Trailblazing tread
New Balance's new women's 910v2 trail shoe is built for those times when you need to take your workout off-road. Stylish yet sturdy, it's designed to really grip the grit — and it does, according to one trail-obsessed tester. The 910v2 is equally comfy and chic, so you look good while your feet feel fabulous.
$110, newbalance.com

Pressed for time? Try two timesaving workouts from Autumn Calabrese, the woman behind the 21 Day Fix and The Master's Hammer and Chisel.



autumn in DECEM



"I've come up with two intense workouts for *Oxygen* readers using compound moves that will work your whole body and get the highest calorie burn in the shortest time."

RER

BY LARA McGLASHAN, MFA, CPT, FITNESS EDITOR PHOTOGRAPHY BY PETER LUEDERS

JUST THE FACTS
Birth Date: September 23, 1980
Birthplace: Cleveland
Current Residence: Studio City, California
Height: 5'4"
Instagram/Twitter: @autumncalabrese
YouTube/Facebook: autumnfitness
Website: autumncalabrese.com

The last time we saw Autumn Calabrese was about this time in 2014 when we shot her for our cover. And in those 365 short days, the 35-year-old spitfire put out two more wildly successful workout programs, wrote a cookbook that has sold more than 200,000 copies to date, and designed a lifestyle and fitness apparel line to be launched in December. Oh, and of course, she competed in and won the overall in the bikini division at the Iron Games, bought and decorated a new home, traveled the globe with Beachbody, and played single mom to son Dominic, now 6.

Fresh off a much-needed vacation, Autumn was replete with energy and ideas, creating two timesaving workouts exclusively for *Oxygen* as well as giving out healthy recipes and traveling tips for the holidays. Check out what Autumn has in store for you this winter!

Autumn's advice:
The holidays are chaos for most people, and time is a valuable commodity. So I've come up with two intense workouts for *Oxygen* readers using compound moves that will work your whole body and get the highest calorie burn in the shortest time.

And here's a fun twist: If you want to lift a little heavier and maintain muscle, do three rounds of 15 reps for each move. If you want to get in more cardio and burn off that pecan pie, lighten up the weight a little and do two rounds of 22 reps per move. Do one workout for an intense 15-minute session, or do them in tandem for a fast and furious 30-minute body blast.

Your plan: Do these moves in a giant high-intensity interval training set, resting no more than 15 to 20 seconds between moves and no more than a minute between rounds.

Win Autumn's stuff! Want to get a 21 Day Fix Extreme program and cook your way fit with *FixAte*? Go to oxygenmag.com and find out how!

WORKOUT 1





BULGARIAN SPLIT SQUAT JUMP
setup: Stand in front of a flat bench with one foot extended behind you, with the ball of your foot on the bench and your torso pitched slightly forward.
move: Bend your front knee, then explode upward, lifting your front foot off the ground and tapping the knee in the air with your opposite hand while keeping your other foot pressed firmly into the bench. Land softly and repeat right away. Do all reps on one side before switching.

Autumn's Tip: "The key is to stay tilted slightly forward from the hip. If you're too upright, you're arching your back and putting pressure on your spine."

HAIR AND MAKEUP: NANCY JAMBAZIAN • FITNESS CLOTHING: LEGGINGS BY ELISABETTA ROGIANI; BLACK TOP BY LORNA JANE; SHOES BY NIKE; GRAY TOP ON PAGE 50 BY AUTUMN CALABRESE FOR BEACHBODY

Autumn's Tip: "Squeeze the glutes of the grounded leg while your other leg is in the air to keep your hips square and lifted."



BRIDGE ONE-ARM PRESS

setup: Position your head and shoulders on a bench so they are fully supported, and lift your hips in a bridge with your feet hip-width apart. Hold a dumbbell in one hand at your shoulder, elbow bent.
move: Extend your arm and press the weight straight up as you lift your opposite leg, knee bent, up over your hip. Lower your leg and arm and repeat, completing all reps on one side before switching.



CLOCK PUSH-UP

setup: Get into a push-up position with your hands outside your shoulders and your head, hips and heels in line.
move: Bend your elbows and lower your body toward the floor until your chest nearly touches, then extend back to the start. Walk your hands one turn to the right, pivoting around as if you were a hand on a clock with your toes in the center, and repeat the process until you've done half your reps. Do the other half in the opposite direction.

Autumn's Tip: "Take the time to get into your proper push-up position each time you walk a step around the clock."

WORKOUT 2



STEP-UP CROSSOVER

setup: Hold a dumbbell at your chest with both hands and stand to the side of a flat bench. Place your right foot squarely on top of the bench.
move: Extend your right leg and stand up onto the bench, bringing your left foot up over the top and across to the other side (right foot still on top). Touch down briefly, then extend your right leg once more, bringing your left foot back over and across to the original side to complete one rep. Do all reps on one leg before switching.

● Autumn's Tip: **"Take it slow. This is not about speed. You don't want to get your trail foot caught as you lift it up and over."**



RENEGADE BENCH ROW AND LEG LIFT

setup: Get into plank with one hand on a bench and the other holding a dumbbell.
move: Keeping your head, shoulders and hips in line, row the dumbbell up and back while simultaneously lifting your opposite leg into the air. Lower slowly, then repeat. Do all reps on one side, then switch.

● Autumn's Tip: **"The biggest cheat I see here is putting your heel down to stabilize you. To challenge your balance and engage your core, keep your heel lifted off the ground at all times."**

For a fab ab superset designed by Autumn, go to oxygenmag.com!





DUMBBELL OVERHEAD PULL
setup: Lie faceup on the floor with your knees bent and hold a set of dumbbells straight up over your shoulders, palms inward. Bridge your hips and lift one leg straight up into the air.
move: Hold in bridge as you lower your arms back behind your head until they are hovering above the floor. Raise them back to the start, completing all reps while holding bridge.

● **Autumn's Tip: "Be careful with your range of motion and only lower the weights back as far as you can while staying in control."**

Stretching your limits

I like to lift heavy, so if I don't stretch out after I train, I walk funny the next day! Plus, I have a bulging disk in my lower spine and stretching helps me stave off injury. This is my favorite stretch postworkout, hitting the hip flexor, side body, shoulder and quad. Because you use the bench for balance, you can go deeper into the stretch and hold it a little longer. Do each side for at least 30 seconds and remember to breathe deeply and let your muscles relax.





BENCH HIP FLEXOR STRETCH
Kneel facing the bench and step your left foot forward so your left knee comes in contact with the bench while the right leg slides back as far as possible. Place both hands on the bench, lift your chest and lower your hips toward the floor. Hold for 30 seconds and breathe. To add intensity: Reach your right arm overhead and to the side, holding when you feel a stretch and breathing through it

For three more great stretches from Autumn, go to oxygenmag.com!

chow time

I love cooking — and in fact, my brother is a chef — so together with him and Beachbody, I came up with 101 recipes and created my cookbook *FixAte*. All the recipes are based on the portion-control system from my 21 Day Fix programs, and there's everything from salad dressing to dinners to cocktails. Here are two of my favorite recipes for winter that are healthy, tasty and energizing.







Autumn prepares a clean meal in her Studio City kitchen.

Mac and cheese with broccoli and chicken

"My son loves mac and cheese, and I love making this recipe for him because it ensures he also gets in his veggies and protein."

- 4 ounces whole-wheat macaroni
- 4 teaspoons organic grass-fed butter (or extra-virgin coconut oil)
- 2 tablespoons unbleached whole-wheat flour
- 1½ cups unsweetened almond milk
- 1¼ cups extra-sharp cheddar cheese, grated
- 3 cups cooked boneless skinless chicken breast, chopped or shredded
- 4 cups broccoli florets, steamed and chopped
- 1 teaspoon sea salt
- ½ teaspoon ground black pepper

Cook macaroni as per directions and set aside. Melt butter in a large saucepan over medium heat. Add flour and cook one minute, whisking constantly until brown. Pour in almond milk and cook one to two minutes, whisking constantly until mixture thickens and there are no lumps. Reduce heat to low and add cheese, cooking two to three minutes and whisking constantly, until melted. Add chicken, broccoli, salt and pepper, and cook one minute or until heated through. Serve immediately. Makes 8 servings (2 cups each).

Nutritional information (per serving):
calories 245, protein 25 g, carbs 14 g, saturated fat 5 g, cholesterol 68 mg, sodium 486 mg, fiber 2 g, sugar 0 g

Pumpkin pie energy bites

"These pumpkin pie bites are a delicious boost of healthy energy."

- 1 cup pitted dates
- ½ cup raw pecan halves
- ⅓ cup canned pumpkin puree
- ¼ cup unsweetened coconut flakes
- 1 teaspoon pure hazelnut (or maple) extract
- 1 teaspoon maple syrup
- 2 teaspoons pumpkin pie spice
- 1 pinch sea salt

Place dates in a bowl, cover with water and soak for 10 minutes. Drain and set aside. Place pecans in a food processor and pulse until finely ground. Add remaining ingredients to the food processor — saving some coconut flakes for garnish — and mix well. Cover and refrigerate for 30 minutes. Remove and then shape into tablespoon-size balls and roll in reserved coconut. Refrigerate overnight in airtight container. Makes 16 bites.

Nutritional information (per serving):
calories 61, protein 1 g, carbs 9 g, fiber 2 g, sugar 7 g, sodium 10 mg, saturated fat 1 g, cholesterol 0 g



SUPPORT PERFORMANCE AND RECOVERY WITH TRUE ATHLETE—A WIDE RANGE OF SPORTS NUTRITION PRODUCTS, INCLUDING HORMONE-FREE NATURAL WHEY PROTEIN, CREATINE, BCAA'S AND MORE. CONTAINS NO ARTIFICIAL FLAVORS, COLORS OR SWEETENERS.

#iamatrueathlete



Available at theVitaminShoppe®

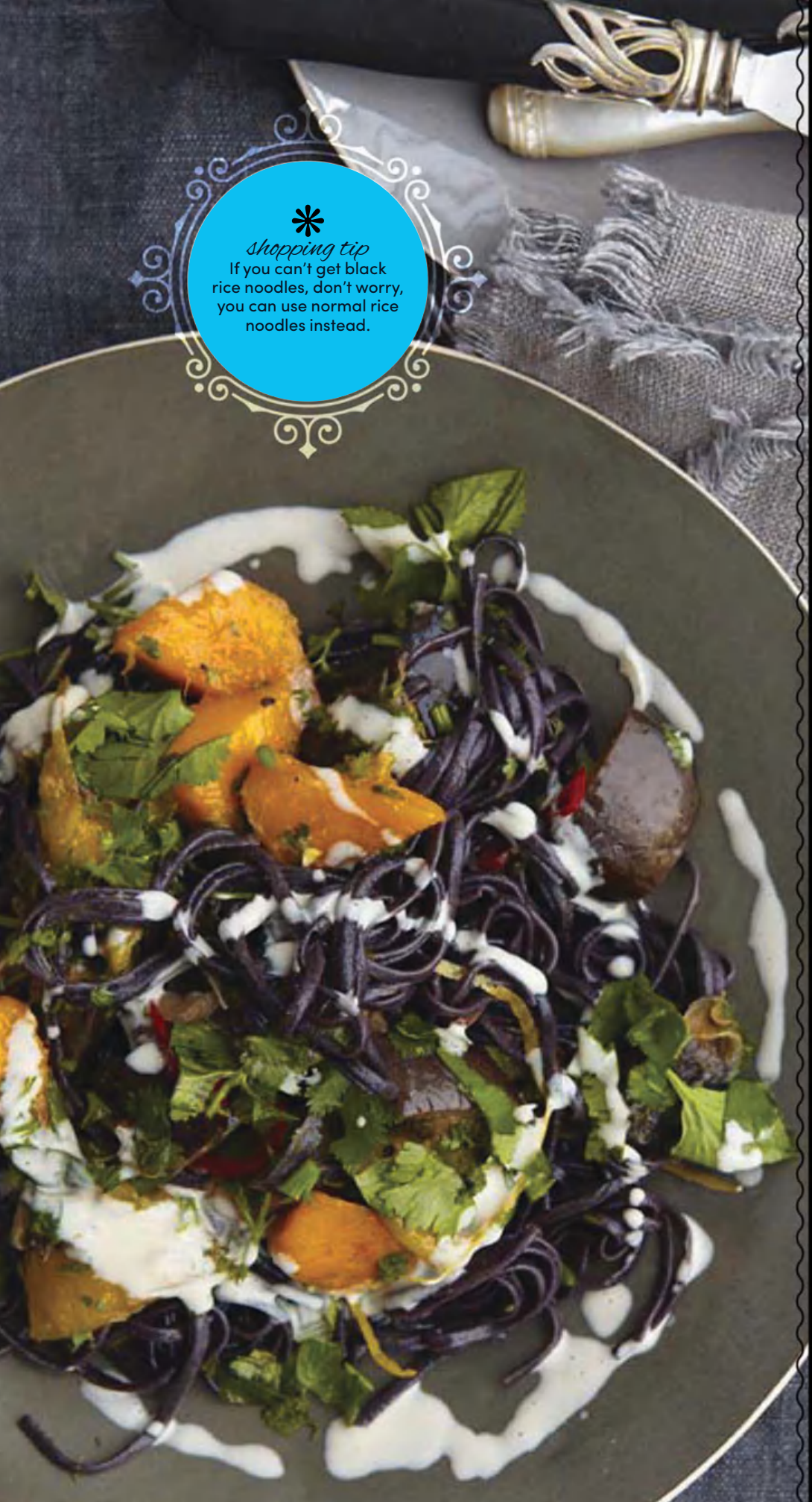
NSF CERTIFIED FOR SPORT®

TRUE ATHLETE®
NATURALLY DRIVEN

clean gourmet

Nutritious eating doesn't have to be boring! Try these recipes from the *Honestly Healthy for Life* cookbook for sophisticated, balanced meals that will help you build your ideal physique.

When Natasha ("Tash") Corrett and Vicki Edgson published their first book, *Eating the Alkaline Way,* in 2012, they were flooded with inquiries for more information on this new approach to eating, along with requests for recipes. "In its simplest form, eating alkaline means that you adopt a predominantly vegetarian approach to food," they write in their introduction. "To ensure you eat the best combinations of nutrients, we recommend a variety of vegetables along with legumes, nuts and seeds, sprouted and living foods from the land and sea." In their newest book, *Honestly Healthy for Life: Eating the Alkaline Way Every Day,* they provide recipes for all sorts of occasions, from family meals and holidays to picnics. These five gorgeous dishes should inspire you to up your game in the kitchen with fresh, nutritious ingredients for wellness inside and out. **If you want to increase the muscle-building protein in any of these recipes, make sure to use the highest quality sources you can, such as grass-fed beef or certified organic chicken.*



shopping tip
If you can't get black rice noodles, don't worry, you can use normal rice noodles instead.

Roasted eggplant and mango salsa with black rice noodles serves 4

- 2 eggplants, roughly cut into ¾-inch cubes
- 3 tablespoons sunflower oil
- 1 red onion, thinly sliced
- ½ teaspoon ground ginger
- ½ teaspoon ground coriander
- a pinch of Himalayan pink salt
- 9 ounces black rice noodles
- 4 teaspoons sesame oil
- 1 large mango, cut into ½-inch cubes
- 1¼ cups cilantro, chopped
- finely grated zest of 1 lemon
- 1 teaspoon black onion seeds
- ½-inch chili, sliced at an angle, to garnish
- raw sesame seeds, to garnish

Preheat the oven to 325°F and line a baking sheet with parchment paper.

In a large bowl, toss the eggplant with the sunflower oil, red onion, ground ginger, ground coriander and salt. Place onto the prepared baking sheet and roast for 20 minutes.

Meanwhile, in a large pan of boiling water, cook the black rice noodles and keep stirring them to ensure they don't stick to each other. When cooked, refresh immediately (drain and plunge into cold water) and pour the sesame oil over them to keep them from sticking to each other. Gluten-free noodles can be tricky!

Once the eggplant is roasted, remove from the oven and let cool. In another bowl, mix the mango cubes with the chopped cilantro, lemon zest and black onion seeds. Mix this "mango salsa" with the roasted eggplant. Split the mixture, and gently mix half of it into the noodles. Portion the noodles into four bowls and top with the rest of the salsa mixture along with a sprinkling of sesame seeds and fresh chili for color. It's also great with some tahini dressing swirled on top.

Nutritional nugget: Black rice is incredibly rich in minerals, being the most dense of all the rices. Manganese and calcium support bone health, while zinc aids the immune system, as well as the rice being a source of soluble fiber.



Bejeweled Brussels sprouts
serves 6 as a side dish

- 1 pound 10 ounces Brussels sprouts
- 6 cloves of garlic, with skin still on
- 2 tablespoons sunflower oil
- ⅛ teaspoon Himalayan pink salt
- cracked black pepper
- scant 1 cup unsweetened dried cranberries
- ½ cup flat-leaf parsley, chopped
- 1 tablespoon mirin

Preheat the oven to 325°F. You'll need a baking sheet.

Trim the brown ends off the Brussels sprouts, pull off any yellow outer leaves and cut the sprouts in half. In a bowl, mix them with the garlic cloves, sunflower oil, salt and pepper.

Transfer to the baking sheet and roast in the preheated oven for 35 to 40 minutes, until crisp on the outside and tender on the inside. Shake the tray from time to time to brown the sprouts evenly.

Meanwhile, soak the cranberries in water for 30 minutes, then drain and set aside.

Remove the Brussels sprouts from the oven and mix together with the parsley, mirin and cranberries and serve immediately. These also work well stirred through cooked quinoa or added to a leafy salad.

Nutritional nugget:
Brussels sprouts have the highest levels of the cancer-protective glucosinolates of all the cruciferous vegetables. Tuck in!



Asparagus frittata
serves 4

- 12-14 asparagus spears
- 8 eggs
- 3 scallions
- 1¼ ounce dill
- 1¼ ounce cilantro
- a pinch of Himalayan pink salt
- 4 teaspoons sunflower oil or sunflower seed butter
- 1 tablespoon raw sesame seeds

Preheat the oven to 325°F.

Trim the bottoms off the asparagus and then slice them lengthwise down the middle; if they're quite thick, you could cut each length in half again. Bring a pan of water with 1 tablespoon of table salt to a rolling boil and put your asparagus in for 1 minute. Drain the asparagus and run under ice-cold water till cold.

Crack your eggs into a large mixing bowl and whisk. Thinly slice the scallions at a sharp angle, roughly chop the dill and cilantro, and add all these to the egg mixture. Season with a pinch of Himalayan pink salt.

Heat the oil in a nonstick, heavy-bottom, ovenproof skillet over medium heat. Toss the sesame seeds into the skillet, and as soon the seeds start changing color, to a golden brown, pour in the egg mixture. Evenly arrange the asparagus on top of the egg mixture in the skillet and then put the skillet into the oven for 15 minutes, or until the egg is firm.

Slice in the skillet, remove each slice, and serve with a large side salad and sprouts tossed in our Perfect Salad Dressing (see below).

Perfect salad dressing:

- 1 teaspoon Dijon mustard
- 1 tablespoon agave syrup
- 3 tablespoons olive oil
- ½ clove garlic
- 2 tablespoons lemon juice
- 1 tablespoon fresh rosemary
- little pinch of Himalayan pink salt

Tash's tips

The only time I would use table salt is to blanch the asparagus. This is because, when blanching green veggies, if you boil them in very salty water, the salt acts as a barrier to osmosis, not allowing any nutrients to leave the veggies, and also makes them extremely green by drawing out the chlorophyll in them — you don't have to worry, though, as the salt does not penetrate the vegetable so the asparagus is not salty.



Wild mushroom quinoa "risotto" serves 3 to 4

- 1 tablespoon sunflower oil
- 3 cloves garlic, sliced
- 2½ cups boiling water, plus extra scant ¼ cup
- 1 tablespoon bouillon powder
- scant 1½ cups quinoa
- 7 ounces wild mushrooms (some left whole, some sliced and some cubed)
- 3 tablespoons vegan butter
- scant ¼ cup hard goat's cheese, grated
- 3 tablespoons flat-leaf parsley, chopped

In a pan, heat the sunflower oil and 1 clove of garlic, finely chopped, over medium heat for around 1 minute, until soft.

Make the stock with 2½ cups boiling water and the bouillon powder and add to the pan along with the quinoa. After 5 minutes, add half the mushrooms and keep over medium heat, stirring frequently.

In a separate pan, melt 1 tablespoon of the vegan butter and add the remaining garlic cloves. Saute the garlic until soft, add the remaining mushrooms and continue to saute for 3 to 4 minutes until soft and brown. Remove from the heat.

After 10 minutes of cooking, the quinoa should have absorbed all the water — keep stirring and then add another scant ¼ cup of boiling water. Continue to stir as you would if making a normal risotto. After 20 minutes, add the grated goat's cheese and allow to melt, then take off the heat and put the lid on. Let it sit for 5 minutes.

In a small pan, melt the remaining vegan butter, then toss in the parsley and mix through.

To serve, add the remaining mushrooms to the "risotto" and, finally, pour over the parsley butter.

Nutritional nugget: Quinoa is actually a seed, rather than a grain, packed with protein and omega-3 for energy, while mushrooms boost immunity.

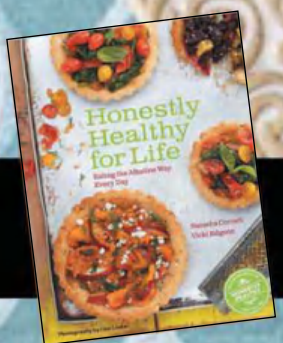
Tash's tips

Try with asparagus and lemon instead of the mushrooms for an alternative flavor combination.



cooking tip
Change the yogurt in the sauce to dairy-free if you want it all to be vegan.

Tash's tips
If you find your mixture is a bit too wet, then add more ground almonds to the mixture to help bind it together.



Reprinted with permission from *Honestly Healthy for Life* © 2014 by Natasha Corrett and Vicki Edgson, Sterling Publishing Co. Inc. Photography by Lisa Linder.

Tandoori bites
serves 3/makes 9 balls

For the tandoori sauce:
- 1 teaspoon turmeric
- 1 teaspoon cayenne pepper
- 1 teaspoon ground coriander
- 1 teaspoon ground ginger
- 1 teaspoon fennel seeds
- 1 teaspoon sweet paprika
- 1 teaspoon ground cumin
- a pinch of Himalayan pink salt

For the bites:
- 1½ ounce plain tofu
- 1 cup ground almonds
- ⅓ cup cilantro, chopped

For the dipping sauce:
- ½ cup goat's or sheep's yogurt
- juice of ½ lime
- ½ tablespoon rice wine vinegar
- ½ clove garlic

Preheat the oven to 325°F, and line a baking sheet with parchment paper.

For the tandoori sauce, simply blend all the spices and salt together and transfer to a shallow bowl and set aside.

In another bowl, use your hands to break up the tofu so that it looks "scrambled" and then add the ground almonds (keeping 2 tablespoons aside for the coating). Spoon in 2 tablespoons of the tandoori sauce along with the chopped cilantro and mix until well-combined.

Roll the mixture into ping-pong-size balls, then roll the balls into the remaining tandoori sauce (keep any leftover sauce for dipping later) and then again into the almonds. Arrange the balls on the prepared tray and bake in a preheated oven for 15 minutes, or until just going golden and crispy on the outside.

To make the dipping sauce, simply combine all the ingredients in a small bowl. Serve the tandoori balls hot or cold with the zingy dipping sauce and any leftover tandoori sauce on the side.

Nutritional nugget: Turmeric, cayenne, coriander and fennel seeds provide immune-stimulating, metabolism-enhancing and digestive-supporting nutrients — all power to the Asian spices!

the hourglass workout

SCULPT THE IDEAL FEMININE FORM WITH THIS SUPERSETS-BASED PROGRAM FROM CANADIAN PHENOM LYZABETH LOPEZ.

By Lara McGlashan, MFA, CPT, Fitness Editor • photography by Ian Spanier


THE POWERFUL BARBELL
TURKISH GET-UP TORCHES FAT
AND BOOSTS YOUR STRENGTH.

In iconic terms, J-Lo sports the definitive hourglass physique — strong shoulders, tiny waist, shapely hips and glutes — a look you, too, can develop using this program from Ly-Lo — aka Lyzabeth Lopez, ACE-CPT, a registered holistic nutritionist in Toronto. Whether you want to add curves or streamline your own, Lopez's plan offers the perfect balance of strength, flexibility and cardio.

"The goal is to build a functionally strong, symmetrical, feminine body while creating curves," Lopez says. "This workout is created especially for women and will make you strong, not boxy!"

Her hourglass program has three main points of focus: building the hamstrings and glutes, cinching the waist and burning fat. Eight unique moves are arranged into three mini-circuits, each of which should be repeated three times to maximize metabolic conditioning.

TIMING TIPS
Rest minimally between moves to boost calorie burn.
Rest 60 to 90 seconds between rounds for adequate recovery.

MINI-CIRCUIT 1
Repeat three times.

Exercise	Sets	Reps
Resistance-band hamstring curl	1	10-15*
Gliding disc three-way lunge	1	10-15 each leg
Prone incline bench row/scarecrow	1	15

*Take one second to lift, hold for three seconds, and take one second to lower.

MINI-CIRCUIT 2
Repeat three times.

Exercise	Sets	Reps
One-legged stability-ball curl and bridge	1	5 each side
Jack press	1	20
Stability-ball v-up and balance	1	5 each side

MINI-CIRCUIT 3
Repeat three times.

Exercise	Sets	Reps
Spider-woman push-up	1	5-8 per side
Barbell Turkish get-up	1	5-8 per side

MODEL: LYZABETH LOPEZ • HAIR AND MAKEUP: NANCY JAMBAZIAN • FITNESS CLOTHING: MODEL'S OWN

mini-circuit 1





Resistance-band hamstring curl
- **setup:** Loop one end of a resistance band around a sturdy object such as a cable machine and the other end around your ankles. Lie facedown on a flat bench and hold the end of the bench with your hands, head neutral, legs and feet together.
- **move:** Bend your knees and draw your heels slowly toward your glutes, pausing at the top and squeezing hard. Lower slowly to the start, resisting the pull of the band on the return.

Boost the challenge: At peak contraction, lift your thighs a couple of inches off the bench and squeeze your glutes.



Gliding disc three-way lunge

- **setup:** Stand with your right foot on a gliding disc, arms in front of you.
- **move:** Extend your right foot to the rear, lowering into a deep lunge and touching your right fingertips to the floor. Return to standing, then extend your foot directly to the side as far as you can. Return to standing and then cross your right foot behind you diagonally while keeping your hips square, as if doing a curtsy. Return to standing to complete one rep. Do all reps on one side before switching.

Boost the challenge: Vary your speed, doing one set slowly and in control and another one powerfully and fast.



Prone incline bench row/scarecrow

- **setup:** Lie facedown on an incline bench set to 45 degrees and hold a set of dumbbells with your arms extended downward, palms facing rearward, head neutral.
- **move:** Draw your shoulder blades together and flare your elbows as you lift the weights up; at the top, your arms should make 90-degree angles. Hold here, then pivot your arms in their sockets, lifting the weights up in a smooth arc to come alongside your head, palms facing forward. Reverse these steps to return to the start.

Boost the challenge: Change the angle of the bench, making it lower for one set and higher for another.







Boost the challenge: Keep your hips elevated for the entire move, maintaining the contraction of your glutes and challenging your core.

One-legged stability-ball curl and bridge

- **setup:** Lie faceup on the floor with the sole of one foot on top of the ball, knee bent, and the other leg extended toward the ceiling, arms along your sides.
- **move:** Lift your hips to come in line with your knees and shoulders in a bridge, then straighten the leg on the ball, rolling it away from you (keeping hips lifted). Curl your hamstring to roll the ball back toward your glutes and lower your hips to the start to complete one rep. Do all reps on one side before switching.



Jack press

- **setup:** Stand with your feet together and hold a set of dumbbells (5 to 15 pounds) at your shoulders, palms forward, elbows down.
- **move:** Jump your feet apart, extending your arms and pressing the weights overhead. Jump your feet back together and lower the weights to the start.



Boost the challenge: Lower into a half squat and do your jacks in this lower profile to maintain tension in the glutes and quads.



Stability-ball v-up and balance

- **setup:** Get into a push-up position with your hands underneath your shoulders and your feet on top of a stability ball, legs together.
- **move:** Lift your hips and roll the ball forward to come into an inverted V, hips over shoulders. Find your balance and extend one leg into the air. Hold for a count of 3, then replace your leg and roll the ball back to the start. Continue, alternating sides.







Boost the challenge: On your last rep, bring both legs overhead to come into a handstand and see how long you can hold it.

mini-circuit 3





Spider-woman push-up

- **setup:** Get into a push-up position with your hands underneath your shoulders and your head, hips and heels in line.
- **move:** Bend your elbows and lower yourself toward the floor as you bring one knee up and to the outside of your elbow. Replace your foot and extend your arms to return to the start. Continue, alternating sides.

Boost the challenge: With each rep, crawl one step forward with your hands and feet.



Boost the challenge: Try alternating sides with each rep, switching hands in the lying position.

Barbell Turkish get-up

- **setup:** Lie faceup and hold a barbell straight up over your shoulder with your right arm, right knee bent, left leg and arm extended. Keep your eyes on the barbell throughout the move to help keep it steady and level.
- **move:** Begin to sit up, using your left elbow, then your left hand to assist, still keeping the barbell straight up over your right shoulder. Bridge your hips and then swing your left leg through to the rear underneath your left arm and kneel on it. Bring your torso upright and then extend both legs to come to a standing position. Reverse the steps to return to the start and complete one repetition. Do all reps on one side before switching.



Oxygen's best food, fitness and health tips

Tiny tweaks, major payoffs!

When it comes to improving your fitness, nutrition and health, we've chosen a dozen of the simplest ways to eat better, perform better and boost your entire well-being.

» BY THE *OXYGEN* EDITORS

1. Going to the gym without eating first?

Here's a new incentive: Eat protein before you go and you can peel off 15 pounds a year. A study published in the *Journal of Science and Medicine in Sport* showed that women who ate a high-protein meal an hour before their workout burned more calories per minute than women who ate a low-protein meal or no food. The additional calorie burn amounted to 185 calories over the following 24 hours and could add up to a 15-pound loss within a year.

2. Toss green tomatoes into your salads.

Green tomatoes contain tomatidine, a compound that stimulates muscle growth. Research shows it produces increased strength and endurance, and it prevents muscle loss as it reduces body fat. The adage eat the colors of the rainbow has never been more apt (especially during the holidays!).

3. HIIT it!

Trade in your long, slow cardio for a few high-intensity sessions a couple of times a week for more effective fat loss. High-intensity aerobic training is more effective at reducing belly fat and overall body fat than any other type of exercise. Women who cycled (on stationary bicycles) three times a week for 20 minutes, doing workouts consisting of eight-second sprints followed by 12 seconds of low-intensity work, lost more fat (2.5 kilograms) than women who cycled for 40 minutes at a steady state.

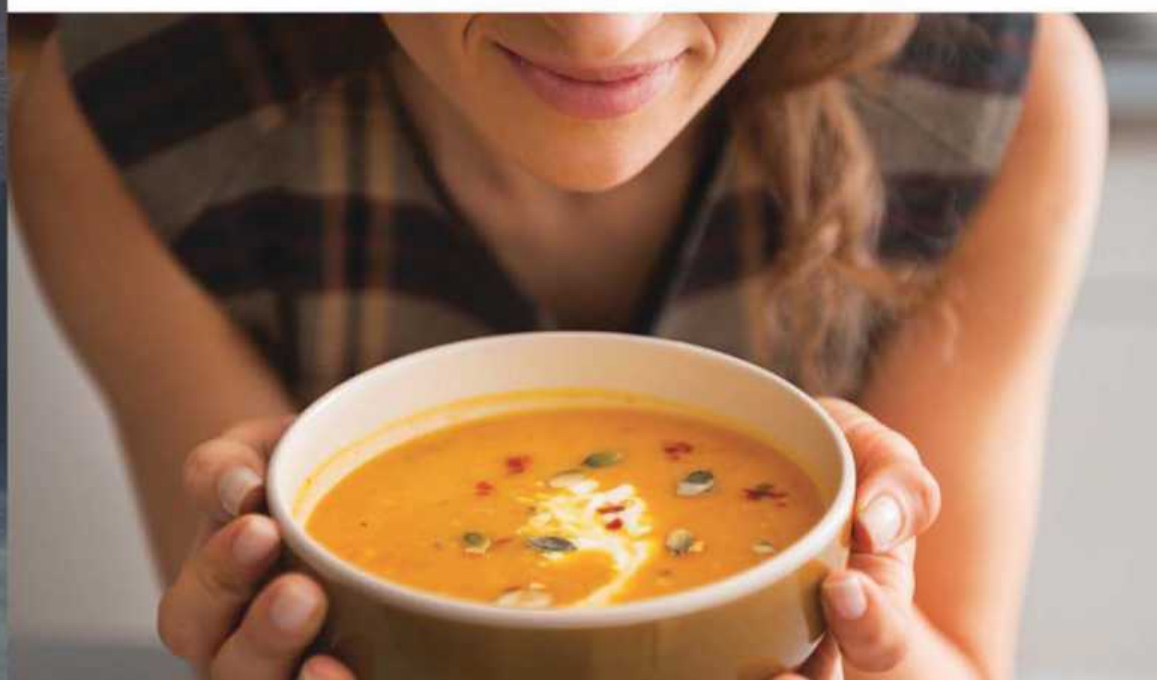
4. Spice up meals.

Add red pepper to meals to kick up fat burning. Capsaicin, which gives hot peppers their zing, can cause a small, temporary increase in metabolism, says Amy Goodson, RD, CSCS, a board-certified specialist in sports dietetics and co-author of *Swim, Bike, Run — Eat* (Fair Winds Press, 2014). "Keep in mind it would take quite a bit of spice to have any major effect on weight, but every little bit helps!"



SUPER SWAP
Adding green tomatoes to meals gives you a muscle boost.





5. Focus on muscle strength.

As women tend to have more ACL injuries than men — three times in fact — it's crucial to keep the muscles around the knee strong. Most ACL injuries occur in activities with sudden deceleration, jumping and uncontrolled landings like in skiing, soccer and basketball. That's when hamstring strength becomes key. Though not conclusive, researchers suspect women's "Q angle," where the femur and tibia meet (larger than men's), may create extra torque on the knee.

6. Eat smart to recover.

It's also important to continue eating a balanced diet to help your body heal. "The body needs a lot more calories to function daily than to exercise," says Nancy Clark, MS, RD, CSSD, a board-certified specialist in sports dietetics. "During injury, women need to trust their bodies, which can intuitively adjust calorie need — they just need to listen." She explains that we need about 10 calories for every pound of bodyweight to function. So a 140-pound woman needs 1,400 calories per day just to live healthy.

Clark recommends eating adequate protein to live healthy and heal when injured. She suggests that a 140-pound woman get 70 to 90 grams of protein per day in small, equal increments. "I tell clients to think of daily eating in four buckets — breakfast, early lunch, late lunch and dinner, and in each of those buckets goes about 20 grams of protein," she says.

Good sources of protein include Greek yogurt (calcium bonus), salmon (fish oil fights inflammation), hummus, lean meat, chicken and tofu. She points out that a container of tofu is only equal to one chicken breast, which is a lot of tofu. Clark suggests adding cheese to kick up protein and using turmeric, ginger, cocoa, garlic and green tea for their natural anti-inflammatory compounds, while vitamin C (in citrus, kale and red bell peppers) and zinc (in seafood, beef and nuts) are also helpful healers.

7. Don't drastically diet.

Lean people (versus those who are overweight or obese) who diet are more likely to experience a rebound or "fat overshooting" effect that leaves them heavier than when they started. Small, potentially permanent, lifestyle changes such as cutting out high-calorie condiments and making small increases in activity are more likely to lead to lasting weight loss.



Choose organic when buying snow peas.



IRON LADY
Sculpt more muscle and reduce your risk of injury by strength training.

8. Go organic.

The extra cost of organic fruits and veggies may be worth it, especially if you're trying to lose weight. Called "obesogens," 15 to 20 chemicals found in pesticides have been found to cause weight gain. At the very least, avoid produce highest in pesticides, such as apples, strawberries, grapes, celery, peaches, spinach, sweet bell peppers, imported nectarines, cucumbers, cherry tomatoes, imported snap peas, potatoes, hot peppers and kale.

9. Listen to your body.

Most of us turn a deaf ear to our bodies, even when they are screaming for a break. Overtraining is a common occurrence among fitness die-hards, and in the long run, it kills progress and promotes injures. If you're experiencing a number of these overtraining symptoms, it's time to throw in the gym towel. Add another full rest day to your program and scale back on your intensity and/or volume for several weeks to get back on track.

Signs of overtraining:

- Lethargy and sluggishness
- Severe muscle soreness lasting more than two days
- Trouble sleeping
- Low-energy five to 10 minutes into a workout
- Elevated resting heart rate
- Mood swings/depression
- Irritability and low self-esteem
- Decreased strength
- Persistent illness

10. Get adequate rest during workouts.

There's nothing wrong with keeping your heart rate elevated to maximize calorie burn. But hardworking muscles need regular breaks within the workout itself to replenish themselves with oxygen, blood and blood sugars. How long you rest depends on your goals. For strength training, use this chart to gauge your rest time:

Goal	Rest between sets
Fat burning	30 seconds
Hypertrophy	60 seconds
Power	90 seconds to 3 minutes

When doing supersets or circuits, go through the required number of moves, then rest 60 to 90 seconds between rounds. For HIIT cardio, work at a 1:2 or 1:3 ratio of work-to-recovery, i.e., for every 20 seconds of sprinting, recover 60 to 90 seconds.

11. Stay involved even when sidelined.

Although injury may prevent joining weekly runs, rides or swims, you can still take long walks, go to physical therapy, practice yoga, and find new ways to stay involved with training partners and teams. You'll feel less isolated, which can be a problem when you get injured. Volunteering at events is a great way to stay involved and give back at the same time.

And stay connected to friends and family. Having a strong social support system and positive outlook during rehab can enhance healing results, according to an article published in the National Athletic Trainers' Association *Journal of Athletic Training*.

12. Drink more water.

You can't burn fat and calories without adequate fluid, says Michele Olson, Ph.D., professor of exercise science at Auburn University, Montgomery, in Alabama. "It sounds too simple, but it's extremely important." A poor workout, either from lack of endurance or an inability to work out intensely, is often because of being underhydrated, Olson says.



If injury keeps you out of the weight room, stay active with yoga.

special section

EVERY MINUTE COUNTS!

We know that at this busy time of year, you don't want blah workouts that eat into your precious time. That's why we've created a special two-part feature based on some of our most popular routines of the past year — three new ab and core programs (Page 72) and five fat-burning HIIT workouts (Page 78). In less than half an hour you can get in, get out and get on with your life, so pack your gym bag and head out!





Mountain climbers get your heart pumping with little or no equipment.

By Lara McGlashan, MFA, CPT, Fitness editor

MORE, MORE ABS AND CORE!

Build core strength and sculpt awesome abs without spending endless hours in the gym. We've taken some of the best abdominal and core moves from 2015 and reprogrammed them to give you three brand-new workouts going into 2016. Use them to hone that washboard in the next several months for the big reveal in the spring!

TRIPLE-THREAT CORE

This three-move circuit trains you for strength, explosive power and stamina. Do all the moves in a circuit once through, then rest 60 seconds. Repeat for a total of four to six rounds, depending on your ability.

Exercise	Sets	Reps
Medicine-ball throw	1	10 right side
Alligator crawl	1	10 "paces"
Medicine-ball throw	1	10 left side
Hollow body rock	1	30 seconds
Rest 60 seconds	-	-



1. Medicine-ball throw

Setup: Hold a heavy medicine ball at your waist and stand sideways to a wall about 5 feet away.
Move: Pivot through your hips, then your legs, and throw the ball against the wall as hard as you can with both hands. Pick it up (or catch it if it rebounds) and repeat as quickly as possible using good form.

2. Alligator crawl

Setup: Get into a push-up position with your toes on a small weight plate or gliding disc.
Move: Walk forward with your hands, dragging your feet and the plate (or disc) behind you. Keep your hips steady and lifted and your abs tight as you walk forward.

3. Hollow body rock

Setup: Lie faceup on the floor with your arms extended overhead and your legs straight, toes pointed. Pull your bellybutton toward your spine and lift both hands and feet off the floor about 12 inches.
Move: Hold this banana-like position and rock slowly back and forth, using your lower back as a fulcrum, for the duration of the set.

Want results? Go beyond crunches for new ways to target your core.

WORKOUT PHOTOS BY PETER LUEDERS



Abs are made in the kitchen, so keep your eyes on the prize at holiday meals.

TAKE THREE AND CALL ME IN THE MORNING

Do this medicine-ball workout in three rounds using three different weights of balls: a light one first (round No. 1), a medium one second (round No. 2) and a heavy one last (round No. 3). Follow the rep guidelines for each round according to the chart; they decrease as the weight gets heavier.

Exercise	Sets	Reps per round		
		1	2	3
Ball slam	3	15	10	8
Figure-8	3	20	15	10
Twister	3	20	15	10
Rock and roll up	3	10	8	6







1. Ball slam

Setup: Hold a ball with both hands at chest height and stand with your feet shoulder-width apart.
Move: Raise the ball quickly overhead, then use your entire body to throw the ball to the ground, bending your hips and knees and whipping the ball downward by contracting your abs as you follow through. Pick the ball back up and repeat immediately.

2. Figure-8

Setup: Hold a medicine ball with both hands and your arms extended straight out at chest height.
Move: Keeping your arms straight, draw figure-8s in the air in front of you. Reverse direction every five reps. The bigger the 8s, the harder the move.

3. Twister

Setup: Sit with your knees bent and hold a medicine ball at your chest with both hands. Lean back and balance on your tailbone with a straight back, and lift your feet off the floor, knees together.
Move: Moving your torso and arms as one unit, twist to the side and touch the ball down to the ground by your hip. Turn the other way and continue, alternating sides.

4. Rock and roll up

Setup: Lie faceup with your knees bent and lifted over your hips. Hold the ball overhead with both arms extended.
Move: Quickly bring the ball overhead in an arc toward your knees and use that momentum to help you roll forward onto your feet into a squat, then stand up. Reverse the move to return to the start, then repeat right away.



WORKOUT PHOTOS BY ROBERT REIFF

Note: Novice athletes can use just bodyweight for the first round of the workout, then work up to the medicine ball with subsequent sets.



If you want 2016 to be the year you carve a six-pack, create your training plan now!



TOUGHEST TABATA — EVER

Sounds simple — four minutes of sit-ups. But sometimes the simplest things are the most grueling. Do this Tabata after your strength or cardio workout, performing as many reps as you can for your 20-second interval. Keep count in your head, and in each subsequent round, try to match or beat that number or reps. Your "score" is the lowest (yes, lowest) number you get when all is said and done. Cruel? Maybe. But it will keep you honest and make you work harder next time.

Action	Time
Butterfly sit-ups	20 seconds
Rest	10 seconds

Repeat for a total of eight rounds (four minutes).

1. Butterfly sit-up

Setup: Lie faceup with an AbMat or folded towel supporting your lower back and place the soles of your shoes together, knees flared. Touch your hands together and extend your arms straight overhead, fingers lightly brushing the floor.
Move: Exhale and sit up bringing your arms over and through to touch the bottom of your shoes, then roll back down to the floor and touch your fingertips overhead.

Do butterfly sit-ups at a measured pace, using strength, not momentum, to roll up.



WORKOUT PHOTOS BY CORY SORENSEN



THE RESULTS SPEAK FOR THEMSELVES.

When putting together your game plan, you map out every detail, leaving nothing to chance. You wake up every morning with determination, suit up, and then give your best effort. You earn your results!

Clinically proven HMB optimizes your training by increasing strength gains, improving endurance, and aiding recovery. HMB can take you to the next level by allowing you to maximize every training session, and the results speak for themselves.

Get a competitive edge by fueling your training with only the best. Go to **HMB.org** and read how other elite athletes maximize their training results with HMB. Click where to find and purchase a bottle of HMB today to start maximizing your training efforts. You work hard and deserve only the best in your supplement arsenal and HMB delivers.

Visit www.HMB.org/oxygen

Metabolic Technologies, Inc.

HMB is developed, licensed, and marketed by Metabolic Technologies, Inc.

Individuals providing testimonies in ads are sponsored athletes or have received the ingredient HMB as a gift from Metabolic Technologies Inc.

These statements have not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure, or prevent any disease.

HMB®

STRENGTH RECOVERY ENDURANCE ™

OXYGEN'S BEST HIITS

Our five most talked-about high-intensity interval training programs from 2015

Cardio is a popular topic at *Oxygen*, and the most sought-after programs are creative high-intensity interval training workouts that save time and burn body fat. These five routines take 25 minutes or less and represent a variety of protocols, including machines, strength/plyo combinations and killer Tabata programs. Use these workouts over the holidays to keep that eggnog belly at bay and start your new year off with a bang.



the deets

HIIT: High-intensity interval training

Duration: 15 to 30 minutes
Energy systems worked: Aerobic and anaerobic
Intensity level: Moderate to intense (50 to 100%)

HIIT involves alternating bursts of all-out intensity (90 to 100 percent) with periods of reduced intensity (50 to 60 percent) for a set duration of time, with a work-to-rest ratio of 1:2 or 1:3, depending on your fitness level. This essentially means that you train both your aerobic and anaerobic systems simultaneously and hone your metabolic flexibility — i.e., your ability to transition between burning fat (during the recovery) and burning carbs (during the intervals). HIIT can be used by any athlete at any period during her training year, though it should be spaced out evenly throughout the workout week because of its intensity and shouldn't exceed more than three sessions per week.

Tabata

Duration: 8 minutes
Energy system worked: Anaerobic
Intensity: Super-intense (100%)

Tabata training is a kind of HIIT but one that takes less than five minutes to complete. The idea is to literally work as hard as you humanly can for 20 seconds, rest and recover for 10 seconds and repeat that sequence for a total of eight rounds, or four minutes. Because you're forcing your body to work at full capacity without full recovery, it responds by increasing its oxygen uptake, increasing both aerobic and anaerobic capacity, and improving VO2 max as a result, and incinerating calories and fat. Tabata is great for sports enthusiasts as well as regular gym-goers looking for a new way to burn body fat and improve their energy systems. When possible, do them before strength training so you can dedicate 100 percent of your energy to them, and leave a day or two between Tabata workouts to allow for full recovery.

1. HIIT THE TRACK 20 MINUTES

Find a local track and use a watch or smartphone app to time your intervals using a 1:3 ratio of work-to-rest. Use a heart-rate monitor to gauge your intensity and hit that fat-burning button dead on.

Minutes	Activity/% Intensity
0:00–2:00	Brisk walk 60% (warm-up)
2:00–3:00	Jog 70%
3:00–3:30	Sprint 80%
3:30–5:00	Jog 50%
5:00–5:30	Sprint 85%
5:30–7:00	Jog 50%
7:00–7:30	Sprint 90%
7:30–9:00	Jog 50%
9:00–9:30	Sprint 95–100%
9:30–11:00	Jog 50%
11:00–17:00	Repeat minutes 9:00–11:00
17:00–20:00	Walk/cool-down

2. POWER PLYO HIIT 15 MINUTES

Warm up with some light cardio and total-body dynamic stretching for 10 to 15 minutes. Do each of these moves all-out for 30 seconds and recover one minute in between by walking around.

Minutes	Activity
0:00–0:30	Squat leap
0:30–1:30	Recovery
1:30:2:00	Speedskaters
2:00–3:00	Recovery
3:00–3:30	Mountain climbers
3:30–4:30	Recovery
4:30–5:00	Lateral ski jumps
5:00–6:00	Recovery
6:00–6:30	Burpees
6:30–7:30	Recovery
7:30–15:00	Repeat minutes 0:00–7:30



Finding your maximum and target heart rate (MHR/THR)

You may know of the old **max heart-rate** calculation of 220 minus your age, but that formula is outdated. It was based on a 1970's study that barely included women, so researchers at the Mayo Clinic have modified the fem formula thusly:

200 – (your age x .67) = MHR

To find your **target heart rate,** multiply the percentage of effort by your MHR. For example, a 30-year-old woman working at 70 percent would look like this:

200 – (30 x .67) = 180 MHR

180 x .70 = 126 THR

3. THE ULTIMATE COMBO HIIT 25 MINUTES

This plan blends cardio machines with core and plyo moves for a fast-paced workout that will keep you guessing. Feel free to swap the cardio modalities suggested, but maintain the intensity listed and only rest when needed for best results.

Minutes	Activity
0:00-4:00	Stationary/Spin bike, building each minute 70-90%
4:00-5:00	High knees
5:00-6:00	Knee-in planks
6:00-7:00	Speedskaters
7:00-8:00	Stability-ball crunches
8:00-10:00	Treadmill sprint 90-100%
10:00-11:00	180 jumps
11:00-12:00	Side plank hip lift (30 seconds each side)
12:00-13:00	Long jumps
13:00-14:00	V-ups
14:00-18:00	Stationary/Spin bike 80-90%

4. TOTAL-BODY TABATA 4 MINUTES

The Tabata works your heart, lungs and legs in an intense Tabata not for the faint of heart. After a thorough warm-up, do each move with all-out effort for 20 seconds, and rest 10 seconds between each move. Go through the list twice to complete the Tabata.

Exercise	Work	Rest
Mountian climbers	20 seconds	10 seconds
Burpees	20 seconds	10 seconds
High knees	20 seconds	10 seconds
Jump rope	20 seconds	10 seconds

✻ **Repeat once more.**

5. KETTLE-MANIA 4 MINUTES

Pick a kettlebell that is slightly lighter than one you would use for a strength workout. Do a thorough 10-minute warm-up with the kettlebell, such as Turkish get-ups, swings and overhead shoulder presses, then get into the workout. Go all-out for each move for 20 seconds, then rest 10 seconds to recover. Go through the routine twice for your total of four minutes.

Exercise	Work	Rest
Snatch (left arm)	20 seconds	10 seconds
Snatch (right arm)	20 seconds	10 seconds
Renegade row	20 seconds	10 seconds
Weighted walking lunges	20 seconds	10 seconds

✻ **Repeat once more.**

BETANCOURT NUTRITION

Empowering Weight Management

TRIMX3™ IS A COMPLETE WEIGHT MANAGEMENT SYSTEM THAT

x1 SUPPORTS APPETITE CONTROL†

x2 PROMOTES THERMOGENESIS AND INCREASES IN METABOLIC RATE†

x3 PROMOTES INCREASES IN ENERGY & FAT METABOLISM†

*A portion of the proceeds from every bottle sold is donated to charities helping to empower women.

Lindsey Waters
IFBB Bikini Pro

Photography by Holly Parker



WOMEN DESERVE A DIFFERENT PRODUCT

POWERFUL AND CONVENIENT

Every serving of TRIMX3™ delivers the power of its proprietary blend of ingredients in 3 easy-to-swallow veggie capsules. The key thermogenic ingredients in TRIMX3™ are supported by strong clinical research and work together to increase metabolism, burn calories, provide natural appetite suppression and raise energy levels.†

QUALITY GUARANTEE

TRIMX3™ is manufactured in a state-of-the-art cGMP certified manufacturing facility in the United States which strictly complies with guidelines published by the FDA.

BODYBUILDING.com · theVitamin Shoppe · EUROPA · LONE STAR DISTRIBUTION · MUSCLE FOODS USA

***Visit trimX3forwomen.com for details.**

†These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.

IT'S IMPOSSIBLE TO BEAT CANCER.

ALONE.



Julie Bowen
SU2C Ambassador



It takes all of us to beat cancer. Doctors, researchers, volunteers, and most importantly, people like you. Join the movement to beat cancer at ***StandUp2Cancer.org***

STAND UP TO CANCER®

CVSHealth

Stand Up To Cancer is a program of the Entertainment Industry Foundation (EIF), a 501(c)(3) charitable organization.
Photo Credit: Randall Slavin

Oxyvoices

WORDS OF WISDOM FROM THOSE IN THE KNOW

MOM UP! 84
HOW SHE FUELS 86
SUCCESS STORIES 88
INSPIRE AND UPLIFT 90
FUTURE OF FITNESS 92



Get inspired!
Motivational tips from all the shapes and sizes who make up our popular Success Stories, Pg. 90.



Experienced exercisers can benefit from professional training advice while pregnant.

Push it real good

By the *Oxygen* editors and Sarah Tuff Dunn

Your workout, that is. Even strenuous exercise is OK for fetal well-being, found a recent *American Journal of Obstetrics & Gynecology* report. But if you've been performing at your peak, have a doctor and trainer peek at a personalized program. "Pregnant athletes, particularly elite athletes, may benefit from individualized exercise programs," write the study authors, "because they may push themselves beyond a threshold at which measures of fetal well-being may be compromised."

BUNDLE UP AND GO

Being home with a baby in winter can make you feel a little stir-crazy, but the right gear can motivate you to get some fresh air. The Thule Urban Glide sports stroller is durable, with a rear suspension that gives your little passenger a smooth ride and an adjustable handlebar that you can customize for your height. Just remember that if you're going out running in the cool winter air with your baby on board, you'll get warm from exertion but your baby won't, so make sure to be prepared with lots of layers. (Thule Urban Glide sports stroller, $400 at thule.com or REI stores nationwide.)



60

MINUTES PER DAY OF PHYSICAL ACTIVITY RECOMMENDED FOR KIDS AGES 6 TO 17 BY THE U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES



Don't eat for two!

Pregnancy is no time to fall off the clean-eating bandwagon. If you're carrying a single baby, you need about 340 calories more a day in your second trimester and 450 in the third trimester. Make sure those are nutrient-packed calories, not refined carbs such as white bread and soda. Do keep the water flowing, though. Staying hydrated during pregnancy can help prevent typical complaints such as headaches and constipation.

"Shaping up post-pregnancy was a lot more challenging than I anticipated." — JAMIE EASON MIDDLETON


YOU+
SUNWARRIOR®
Our new raw,
plant-based protein
SUNWARRIOR
CLASSIC
PLUS
ORGANIC
RAW PLANT-BASED PROTEIN
Vanilla
USDA
ORGANIC
MADE WITH ORGANIC
Pea + Brown Rice + Quinoa
Chia Seed + Amaranth
SunwarriorOxygen.com
sunwarrior
Grace Van Berkum
Sunwarrior Ambassador



Make food fun!

IFBB Bikini pro Juliana Daniell enjoys finding new ways to prepare physique-building meals that taste great. **By Maura Weber**

A true example of brains meeting beauty, Juliana Daniell grew up in the South and still has a Southern attitude toward food: "I love food and I also love to cook!" The APS Nutrition athlete believes in the importance of following a personalized approach to diet. "Find a system that works for you and allow it to become a habit, not a decision," she says. "For me, if it's cooked and in the refrigerator, I'm going to eat it. So I just make sure I always have healthy options ready."

Daniell's interest in fitness and nutrition came together at Virginia Tech University, where she was a member of the Division 1 swim team and majored in human nutrition, food and exercise. Now an IFBB Bikini pro, she gets the best results by modifying her foods based on her circumstances. "It changes with how I feel, what I'm preparing for and when/what I'm working out that day," she explains. "Food is the most important part of this whole process and the most fun for me. Don't be scared to try new things, and don't be afraid of certain foods just because you heard you shouldn't eat it!"

These days, Daniell calls Los Angeles home. "My move was primarily to pursue the hosting side of my career, but also to fulfill my dream of living on the West Coast," she says. She indulges in treats occasionally and doesn't feel guilty about doing so. "Nine times out of 10 I'm going for the good stuff because honestly that's what my body craves," she says. "That 10th time will be pizza, a burger, doughnuts … I'm not afraid of any of it!"

JULIANA'S SAMPLE ONE-DAY MEAL PLAN

"Unless I'm preparing for a competition, I don't measure; I eyeball. It took me a few years to feel comfortable with this. Everyone is different, and moderation is key."

Meal 1: Protein pancakes made with eggs, oatmeal and APS Isomorph 28 protein powder, topped with maple syrup and occasionally a side of fruit; cup of Nespresso
Meal 2: Handful of cashews or peanuts, APS Isomorph 28 protein shake made with water or cashew milk, green salad with ½ avocado, Parmesan cheese and dressing
Meal 3: Chicken breast, sweet potatoes, green beans
Meal 4: Peanut butter and banana sandwich or bowl of cereal, plus a protein shake
Meal 5: Asian tofu stir-fry with veggies or bed of leafy greens and a carb
Water: At least a gallon of water a day.
Treats: "I eat little pieces of dark chocolate once or twice a day, or occasionally I have frozen yogurt."

JULIANA'S FAVORITE APS PRODUCTS

- "APS Carnisport is the only thing that truly keeps the fat off my lower abdomen."
- "APS L-Glutamine helps me keep my muscle mass and aids my intestines and immune system."
- "APS Isomorph 28 is the highest quality and purest form of protein. One scoop gives you 28 grams of protein, and I never feel or look bloated when I use it. Cinnamon Graham Cracker is my favorite flavor right now."
- "APS Mesomorph does the job for me when I need that extra kick! The Rocket Pop flavor is unreal."



PHOTO BY LEE HAGEN, LHGFX


KATHLEEN TESORI
FITNESS ATHLETE/IFBB FIGURE PRO
INTRODUCING X2.
THE PERFECTION OF WIRELESS SOUND.
AVAILABLE AT JAYBIRDSPORT.COM, BEST BUY, TARGET, REI AND OTHER RETAILERS IN 6 COLORS: MIDNIGHT, STORM, ALPHA, CHARGE, FIRE, ICE.
USA TRIATHLON
OFFICIAL TRAINING HEADPHONES
Official Headphones of the avp
Bluetooth
jaybird
X2
WIRELESS

Macro mama

Eating right helped one woman lose 32 pounds, shake her inhibitions and ditch her eating disorder. **By Lara McGlashan, MFA, CPT, Fitness Editor**

FACTS

Name: Laura Carson

Hometown: Nashua, New Hampshire

Age: 47

Height: 5'6"

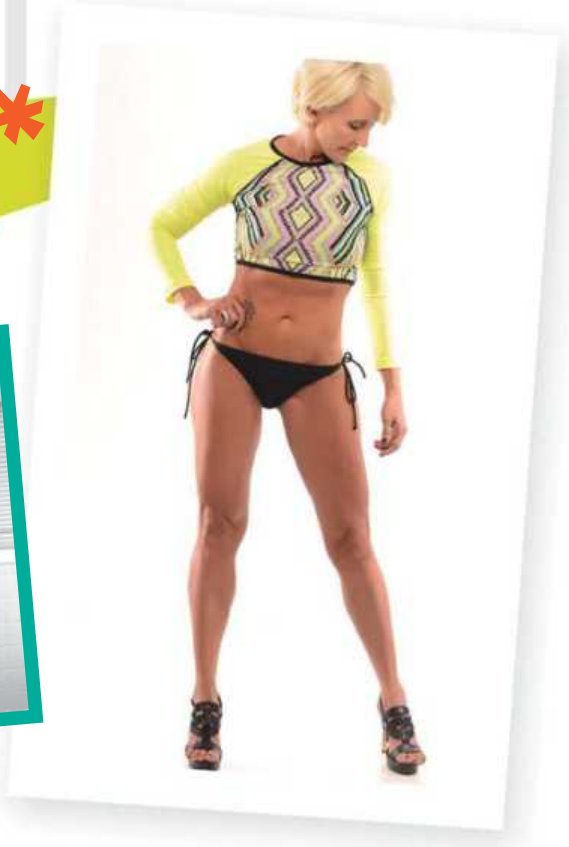
Old weight: 160 lb

Occupation: Vice president, customer advocacy

Best advice: "Live by the ABCs: Always take it one day at a time; Be accountable; Consistency is key."

CURRENT WEIGHT **128 lb**





Ice cream, cake, candy, pizza, cereal — these were the staples for Laura Carson, who spent a lifetime struggling with an eating disorder: She would binge on hundreds of calories and then purge by doing hours of cardio. "I became an avid runner and tried to outrun a bad diet," she says. She was also painfully shy and could not give presentations or even engage with strangers in conversation.

Her binge/purge cycle continued for decades, but all that exercise could not combat the glut of unhealthy, empty calories she would take in during her binge. One by one, the pounds crept on. In 2013, she had had enough. "I was sick of waking up every Monday morning, vowing to make a change, then doing nothing," she says. She had seen a friend compete in a bikini show and was inspired to do so herself.

Carson hired an online coach who introduced her to macrobiotic-based eating and helped Carson determine how many carbs, proteins and fats she needed every day in order to reach her goals. "I was addicted to sugar and the wrong types of carbs and didn't even know what protein was," she says. "Macro-based eating was easy to understand and live with. I didn't want a diet; I wanted a lifestyle."

She cut out all the processed junk and used MyFitnessPal to track her food to ensure she was getting exactly what she needed. "The hardest part was killing my sugar addiction," she says. "It took about three weeks for the cravings to go away completely. It was also difficult to get used to eating every few hours and consuming more food than I ever had."

Carson also swapped her cardio-centric training for more focused weightlifting to add muscle and shape to her frame. Slowly, her body fat dropped and her new physique began to emerge.

In 10 months, she lost 32 pounds and stepped onstage in May 2014 for her first bikini competition. "The girl who could not do a school presentation or speak in front of co-workers was onstage in a teeny-tiny bikini in front of 1,500 people!" she says. "It was very empowering."

These days, Carson is part of a group of fit women from Best Fitness in Nashua, New Hampshire, who inspire one another and organize activities such as dinners, movies, hikes and zip lining. She has become certified as a specialist in fitness nutrition from the International Sports Sciences Association and is planning on getting her training certification. "I also started a Facebook blog called 40somethingfitness, and we have more than 1,000 followers," she says. "We share tips, tricks, recipes and more."

As for public speaking — bring it on. "Needless to say, I am over my fears," she says. "I now speak regularly for my job with no hesitation and get onstage to compete at least once a year."

> **"The hardest part was killing my sugar addiction. It took about three weeks for the cravings to go away completely."**

AFTER PHOTO BY ERIC SNYDER — EAS PHOTOGRAPHY



> "My main goal is to remain consistent with this lifestyle no matter how hard it gets. I want to keep fighting the health-related disease that runs in my family."

Branching off

One woman took matters into her own hands against the odds of her unhealthy family tree. **By Lara McGlashan, MFA, CPT, Fitness Editor**

There's no worse wake-up call to your own mortality than a family member passing away too young. At age 34, Donesha Bolden's cousin was found dead (by her own children!) of hypertension caused by obesity. "I was almost 33 years old at the time and was eating fast food, candy, cakes, fried chicken, fried pork chops — anything I wanted," says Bolden, who concedes that the majority of her family is overweight or obese. "I never thought about food as being good or bad for me because my family never thought about eating to live — we just lived to eat. But after experiencing so many health-related deaths in my family, including my cousin's, I knew I had to do something for myself — fast."

Besides, Bolden had another "why" in her life. "My nephew Nehemiah came to live with me when he was 5, and I wanted to be around to see him and all my other nieces and nephews grow up," she says.

Bolden joined a boot camp as the first step to her transformation. "My goal was just to show up and hide in the back," she says. "I was embarrassed because I was the largest person there and extremely out of shape, but I knew I had to save my own life, so I kept showing up."

Exercise was, she soon found, only half the equation. "I wanted to keep eating what I always ate because I was comfortable doing that," she says. But when the results she longed for didn't come, she consulted her boot-camp instructor on how to eat healthy. Eating clean was tricky, however, because Bolden turned out to be a picky eater. "I finally found that I liked grilled tilapia, cucumbers and asparagus, so I ate those things over and over," she says.

After four years of dedicated work, Bolden reached — then surpassed — her goal weight of 160, hitting the 139 mark in 2015. Now she and her nephew are active and healthy, truncating the cycle of obesity and obesity-related illness in her branch of the family tree.

"My main goal is to remain consistent with this lifestyle no matter how hard it gets," she says. "I want to keep fighting the health-related disease that runs in my family and keep telling my story because there are so many people out there just like me who just need a little encouragement to get the work done."

As for her own goals: "My newfound love is running, and I hope to run my first race soon," she says. "And I always get asked if I will do a fitness show and ummmmmm … I don't know, maybe, just maybe!"

FACTS

Name: Donesha Bolden

Hometown: Atlanta

Age: 36

Height: 5'3"

Old weight: 230 lb

Occupation: Educator

Words of wisdom: "When I come face to face with my old food vices, I introduce them to my new food voices and let my desire to be better win the conversation between the two."

CURRENT WEIGHT **139 lb**

AFTER PHOTO BY HIP INC. 2015

Inspire + uplift

At this time of year, it's easy to find ways to get off the motivation track. *Oxygen* gathers up some go-get-'em voices from a popular department to get you back in the gym, fast.

By Lara McGlashan, MFA, CPT, Fitness Editor

Need inspiration? Then look no further than our Success Story department. In 2015, these incredible women lost more than 1,700 pounds all totaled and have recovered from injuries, eating disorders, paralysis and abusive relationships. They rallied with intense determination and came back to run Spartan Races, compete in fitness shows, and be healthy role models for their family and friends. Here are some of the finest words of wisdom from our fabulous and fit Success Story contributors from around the globe. Let them inspire you to be your best in 2016 and beyond.

My advice to others struggling with eating disorders is don't lose hope. It gets easier to battle — and win — against the negative thoughts centered around body image and eating. Get into strength training. Focus on the numbers you can lift, not the numbers on the scale. The struggle you feel today will be the strength you have tomorrow.
— JILL NASH, MOUNT PEARL, NEWFOUNDLAND, CANADA



Be consistent, don't be afraid to try new things, be patient with yourself and always stay positive. Because losing weight isn't going to happen overnight, just like gaining weight doesn't happen overnight. Never give up!
— APRIL ALEXANDER, STERLING, VIRGINIA





The hardest lift of all is lifting your butt off the couch.
— NICHOLA SMILES, HOUSTON



Just because I can't reach a goal today does not mean I can't reach it in the future. I love setting a goal and conquering it, and embracing any failures along the way because I know they help me become stronger.
— SHAWNEE JEROME, CALGARY, ALBERTA, CANADA

Everyone has the ability to change what they don't love about themselves. Know that you are worth the effort.
— HEATHER PEREZ, BROOKLYN, NEW YORK



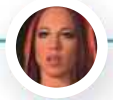


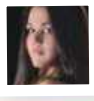
It's very hard to eat clean and be around others who don't share your same thoughts. They either say, *Wow, you are strict and disciplined* or *It's OK to eat this or that every once in a while.* I used to let that get to me, but I have come to the point now where I don't have to explain myself anymore. This is my journey, not theirs.
— JAYME HUNSINGER, HUMMELSTOWN, PENNSYLVANIA



If you want to lose weight, you have to believe in yourself. If someone doubts you, remove them from your life. If someone tries to hold you back, remove them from your life. Replace them with people who support you and want the best for you. Be your own inspiration. — KRISTIN GRIFFIN, NORWALK, CONNECTICUT

Any time I feel down, I just say to myself, *It could be way worse: I could still be confined to a wheelchair!* God gave me this life because I was strong enough to live it.
— VANESSA ROGERS, EDMONTON, ALBERTA, CANADA





When I first joined the YMCA, I was very intimidated, but I chose to not care what people thought of me, this obese girl, because my dream to get healthy was stronger than my fears. I just said to myself, *Screw 'em if they have a problem. It's obvious I'm doing something to fix it.*
— EMILY MEYER, SARASOTA, FLORIDA

The greatest day of my life was the day I really understood that I am the maker of my own misery and therefore also the maker of my success. If I can change my mind, I can change my outcome.
— CHRISTINA COATES, GILBERT, ARIZONA



Work slowly toward one big goal. And if you fall along the way, as long as you are falling forward, you are still making progress.
— CHANTAL SWART, PIETERMARITZBURG, SOUTH AFRICA





The human body is capable of anything; it's the mind we need to convince.
— CAITLIN FLORA, NORTH PORT, FLORIDA

For more on our Success Story contributors, or to find out how to become a contributor yourself, go to oxygenmag.com!

Lavoisier Health & Beauty

PARABEN – FREE

Advanced Breast Therapy

The choice of active women worldwide!



[I] have had a patient on [ABT] with amazing results! She is 40 with three children and a 120 lb weight gain from the last child. After losing that weight, she had drooping and stretch marks on her . [After 3-4 months of ABT] she has increased firmness, size (a full cup) and loss of stretch marks. I AM AMAZED!
- JS, Clinical Pharmacologist

*My PMS breast pain and swelling was so bad that I could not stand to touch my breasts and even the shower hurt. Now after using [ABT] I have no pain. — **EA***



GET 10% Off! COUPON CODE:
XYXMS5
90 day Money Back Guarantee

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease

Available at:
www.LavoisierHealth.com

Subscribe Now!



1 year 12 issues
ONLY $24.97

That's a $46 savings off the cover price!

To subscribe call
800-951-2259
or visit
oxygenmag.com/subscribe





● **MASS GAIN:** Like many women, Samantha Lee started out in fitness taking classes at her local gym. After many years of that, she decided she wanted to add some muscle mass to her frame. "In my 39th year, I decided to get into the best shape of my life," she says. "I am now deadlifting 185 pounds. I love heavy squats, and I love the booty they have created for me. I went from flat butt to fab butt." Her fitness photos are her birthday gift to herself. "I booked a photo shoot with a photographer who specializes in fitness as motivation and a reward for all my hard work," she says.

● **TRAINING SPLIT:** Lee lifts weights three days a week, with one day dedicated to legs, one to back and chest, and another to tri's, bi's and shoulders. "I also fit in at least three 45-minute cardio sessions or 5K runs," she says. Lee likes to work out in the mornings to make sure she gets it done. "There is no chance I will skip my workout if I get it over before my day of running a restaurant begins," she says.

● **GOOD ADVICE:** Lee considers training time her me time. "I love zoning out with my tunes cranked," she says. "You cannot take care of anyone or anything else if you don't take care of yourself. Make the time and investment," Lee says. Her message to gym newcomers: "Don't let the gym intimidate you. No one is here to judge you, and most people are happy to help."

SAMANTHA LEE
Paris, Ontario, Canada
Gig: Restaurant owner

● **STRONG ROLE MODELS:** Brianna Sanoski competed in gymnastics while she was in school and used exercise to avoid getting the "freshman 15" while attending St. Cloud State University in Minnesota. Even after graduation, she kept it up. "Fitness has always been a part of my life," she says. "My mom is the person who first inspired me, as she walks about 8 miles every day and works out in the morning, as well. I also learned a tremendous amount about nutrition from my coach, Dayna Deters, which has transformed my lifestyle."

● **LIFTING AND JUMPING:** For cardio, Sanoski likes calisthenics. "I enjoy any cardio that involves jumping rather than the typical running," she says. Her big fitness love is lifting weights. "I love seeing how much I can lift and then challenging myself to lift even more," she says. "I tell myself winners never quit and quitters never win." Her early start in gymnastics is reflected in her favorite training move, wall walkers, in which she walks into a handstand against the wall, then walks back down. "This move is great for the shoulders," she says.

● **EDUCATION OPPORTUNITY:** Sanoski enjoys being able to demonstrate the positive effects of fitness as a gymnastics coach and teacher. "Working out has gotten me through a lot in my life and has been an amazing stress reliever," she says. "I enjoy educating my students about proper health, nutrition and the importance of fitness."

BRIANNA SANOSKI
Little Falls, Minnesota
Gig: First-grade teacher

Think you have the fit factor?

Meet 4 women who've got the fit factor

By Maura Weber



PHOTO BY AMIR MIRANDI

STATS: 31 • 143 LB • 5'7"



PHOTO BY AMADI O. DINGBA

STATS: 30 • 110 LB • 5'

● **SPORTY START:** Sheharah McIver was a city all-star in track and field and volleyball in high school, then went on to study exercise physiology at Kent State University. However, it wasn't until about three years ago that she took her training to the next level. "My old routines weren't working, and I wanted a challenge," she says. "As I started to see results, I became more and more motivated." For the past two years, she's been competing in figure and dreams of making it to the national level.

● **EMPOWERMENT:** McIver usually does her weight training during her lunchtime at work, and she fits in cardio before or after work. One thing she really likes about *Oxygen*, she says, is that we realize how difficult it can be to juggle work, home life and fitness. "The magazine speaks to everyday women with full lives who still find time to focus on health and well-being," she says. "It's great to know I'm not the only woman who is trying to find such balance."

● **TRAINING HABITS:** "I typically am not a fan of cardio at all," McIver explains. "My favorite type of cardio is high-intensity interval training, so I can hit it hard and get it over with!" Her back is her favorite physical feature, but she struggles with her abs. "I get so jealous of girls that have abs all year-round," she admits. Her daughter is her biggest cheerleader. "Luckily for me, my daughter loves going to the gym. It gives her an opportunity to hang out with her friends."

SHEHARAH MCIVER
Cleveland
Gig: Auto claims examiner

● **STRONGER THAN FEAR:** As a child, Dorothy Dingba suffered from asthma, and as a result, she wasn't very active in sports. She started working out in her late teens when she decided she wanted to join the military and liked the results. "I realized that the more I worked out, the better I felt — even my asthma subsided," she says. "My occupation in military police inspired me to continue pushing myself. I was determined to never give anyone an excuse to doubt me just because I'm female or because I have a small stature."

● **TOUGH PARTNER:** Dingba trains with her husband, Amadi Dingba, which wasn't easy at first. "I used to get so irritated with him because he would push me," she says. "Now I realize that his push is just what I needed." Dingba is a true morning person who enjoys working out at 4 a.m., and her ideal training move is the pull-up. "I add variation by doing extra moves like knee-ups or hanging weight around my waist," she says.

● **FOOD FAVORITES:** The Dingbas indulge in a cheat meal together about once every two weeks, and her favorite non-cheat meal is her recipe for Ezekiel bread waffles. "I put peanut butter, cinnamon and banana between two slices of Ezekiel bread and smash together using the waffle iron," she says. "Then I top it with more cinnamon, fruit and some sugar-free maple syrup, and it's perfect for breakfast, lunch or dinner!"

DOROTHY DINGBA
Hampton, Virginia
Gig: U.S. Air Force

Send your story to futureoffitness@oxygenmag.com.

VERSA GRIPPS®
TRAIN BETTER™
PROUDLY MADE IN THE USA
Patented Self-Supporting Grip Assist Proven to eliminate grip fatigue & protect hands.
For Pulling & Pushing exercises ALL IN ONE
PULLING MOTION
#1 Most ADVANCED TRAINING ACCESSORY
Katelyn Bray Fitness Model
Free US Shipping
Online Coupon
OX15SHIPUS
THE BEST GRIP IN THE WORLD
VERSAGRIPPS.com

Reduce cortisol: Stat!

CortStat from SAN Nutrition helps you recover and grow for better performance and appearance. **By Stephanie Booth**

The harder you train, the more quickly and effectively you achieve your goal, right? Well, not necessarily. One of the key factors in optimizing gains is the speed of your recovery from intense workouts. Whether your primary objective is performance, body-fat reduction or increased lean muscle tissue, you need to put together a targeted recovery plan to help you better achieve your goal. One of the ways to do this is by helping your body boost protein synthesis and reduce cortisol levels as much as possible. CortStat from SAN Nutrition was designed to help you achieve these objectives.

Here are some of the ingredients and benefits this product delivers.

●Reduce your body's cortisol levels with phosphatidylserine.

Cortisol is a natural stress hormone that increases when your body is under any type of stress. One of the consequences of elevated cortisol levels is the breakdown of hard-earned muscle tissue, which is called catabolism. Interestingly, one stressor that causes this, unfortunately, is intense exercise. But your goal should not be to reduce the release of cortisol — or the intensity of your workouts — so much as to reduce cortisol's unwanted effects.

The way to do this is to take in supplements such as phosphatidylserine that help reduce cortisol levels, pushing your body to faster full recovery from training sessions. CortStat helps your body achieve this by providing phosphatidylserine in the form of SerinAid. Each dose of CortStat provides 200 milligram of SerinAid at the efficacious dose of 50 percent phosphatidylserine.



●Boost protein synthesis and nitrogen retention with glutamine.

Your body's ability to increase lean muscle tissue relies on protein synthesis and the retention of nitrogen. CortStat provides glutamine, the most prevalent amino acid in the human body. By taking in supplemental glutamine, you reduce your body's need to break down muscle tissue to provide your body with its demands for this crucial amino acid. Glutamine provides many benefits, including boosting immunity, supporting recovery from training, aiding digestion and encouraging protein synthesis for increased lean muscle tissue.

Alanyl-L-glutamine dipeptide (GlutaDiPEP) is a specific form of glutamine, containing two amino acids joined together. This molecule also drives glycogen synthesis, a crucial aspect of muscle recovery necessary after intense training. Each dose of CortStat contains 800 milligrams of GlutaDiPEP.

●Consume small peptides such as GlutaDiPEP for faster absorption.

Amino acids are absorbed more quickly than large protein molecules because they do not need to be broken down before they are shuttled into your system. However, one quirk of our digestive systems is that very small protein molecules (more than one amino acid joined together) are absorbed even more readily than amino acids. That's because we have Pept-1 transporters located along the walls of the small intestine at the beginning (near the stomach), which move dipeptides directly into the body without the need to break them down into amino acids. This means that dipeptides such as GlutaDiPEP are absorbed even more quickly than supplemental forms of glutamine for faster recovery and protein synthesis, leading to better gains.

●Boost your stats.

To get the most from your workouts, take in one two-capsule dose of CortStat on your workout days. Make sure to take in one capsule, a half dose, on non-workout days. Keep in mind that CortStat not only helps reduce stress from training but also may help mitigate other daily stressors and increase cellular hydration.

product talk



Body by Brazil Fitness Wear

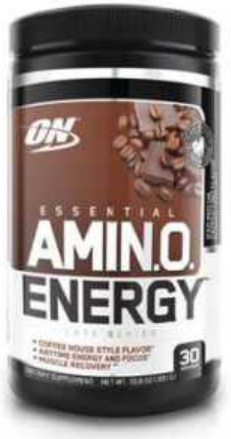
Haute for the Holidays!

1000s of fitness looks from top Brazilian designers to get you noticed.
Made of the highest quality performance fabrics. Worldwide shipping.
bodybybrazil.com



Otomix Long Sleeve Burnout Funnel Top

Style Number #310FCW - $46
Long sleeve burnout tee with special funneling on the back and both sleeves. Fits like a second skin to show off all your hard work and sexy curves. Wings and cross on front are embellished in sparkling crystals and rhinestones. Backside wings are drawn in a tattoo scheme. This is an Otomix exclusive, limited-edition design. **otomix.com**



Optimum Nutrition

Essential Amino Energy

In addition to nine fruit flavors, ON's Amino Energy is available with coffee-house-style flavor. Each serving still delivers 100 milligrams of caffeine from natural sources and 5 grams of micronized free-form amino acids. In Vitamin Shoppe stores soon.
optimumnutrition.com

Iron Jewelry

Dumbbell Couture Silver Collection created with intention to inspire your next generation with a one-of-a-kind treasure that will hold your one-of-a-kind journey. Fit and healthy lifestyle in style. Hand-made in USA. 15% thank-you code: Oxygen2015, expires on 01.10.16
dumbbelljewelry.com



marketplace

HOT to Have

HOTtoHave.com (800) 825-2461

PSYCHIC, MICHAEL LAFFERTY. (215) 482-6517
www.psychicread.com VISA/MC/AMEX/DISC

FITNESS INSPIRED JEWELRY!



MASTER PSYCHICS: Love, Relationships, Money, Health
Fay 1-877-852-8255 • Ana 1-866-571-1111

99¢ pm Live Chat Local Datelines 24/7 18+
FRIENDSHIP 1-888-777-2235 • LOVE 1-877-333-2863

Competition Supplies!



Supplements Tanning & Bikini Bite Ellie Shoes

• Large Inventory & Selection
• Ship to USA, Canada & Military

The leader in supplements and accessories...
USA Bodybuilding.net

#AimFitness

U.S. Postal Service

Statement of Ownership, Management and Circulation

(Required by 39 U.S.C. 3685)

1. **Title of publication:** Oxygen
2. **Publication number:** 1095-7073
3. **Date of filing:** September 16, 2015
4. **Frequency of issue:** Monthly
5. **Number of issues published annually:** 12
6. **Annual subscription price:** $24.97
7. **Location of known office of publication:**
 5720 Flatiron Pkwy Boulder, CO 80301
8. **Location of headquarters or general business offices at publishers:** 24900 Anza Dr., Unit E, Valencia, CA 91355
9. **Names and complete address of publisher, editor and managing editor**
 Publisher: Cheryl Angelheart, 24900 Anza Dr., Unit E, Valencia, CA 91355
 Editor: Diane Hart, 24900 Anza Dr., Unit E, Valencia, CA 91355
 Managing Editor: Maura Weber, 24900 Anza Dr., Unit E, Valencia, CA 91355
10. **Owner:** Cruz Bay Publishing Inc., 300 N. Continental Blvd., Ste. 650, El Segundo, CA 90245
11. **Known bondholders, mortgages and other security holders owning or holding 1 percent or more of total amount of bonds, mortgages and securities:** None
12. **Tax Status:** Has not changed
13. **Publication title:** Oxygen
14. **Issue date for circulation data below:** November 2015
15. **Extent and nature of circulation:**

	Average No. of copies of each issue during preceding 12 months	No. of copies of single issue published nearest to filing date.
A. Total No. of copies printed	293,356	280,932
B. Paid circulation		
1. Mail subscription	63,038	60,720
3. Sales through dealers and carriers, street vendors and counter sales	32,514	32,880
C. Total paid circulation	95,552	93,600
D. Free distribution by mail, carrier or other means, samples, complimentary and other free copies		
1. Free or Nominal Rate Outside-County Copies	21,164	20,129
4. Free distribution outside the mail	1,157	761
E. Total free distribution	22,321	20,890
F. Total distribution	117,873	114,490
G. Copies not distributed	175,483	166,442
H. Total	293,356	280,932
I. Percent paid and/or requested Total Circulation does not include electronic copies	81.06%	81.75%

17. I certify that the statements made by me above are correct and complete.

Circulation Director: Jenny Desjean

Date: September 16, 2015

For completion by publishers mailing at the regular rates (Section 132.121, Postal Service Manual): 39 U.S.C. 3626 provides in pertinent part: "No person who would have been entitled to mail matter under former section 4359 of this title shall mail such matter at the rates provided under this subsection unless he files annually with the Postal Service a written request for permission to mail matter at such rates." In accordance with the provisions of this statute, I hereby request permission to mail the publication named in item 1 at the phased postage rates presently authorized by 39 U.S.C. 3626.

product talk



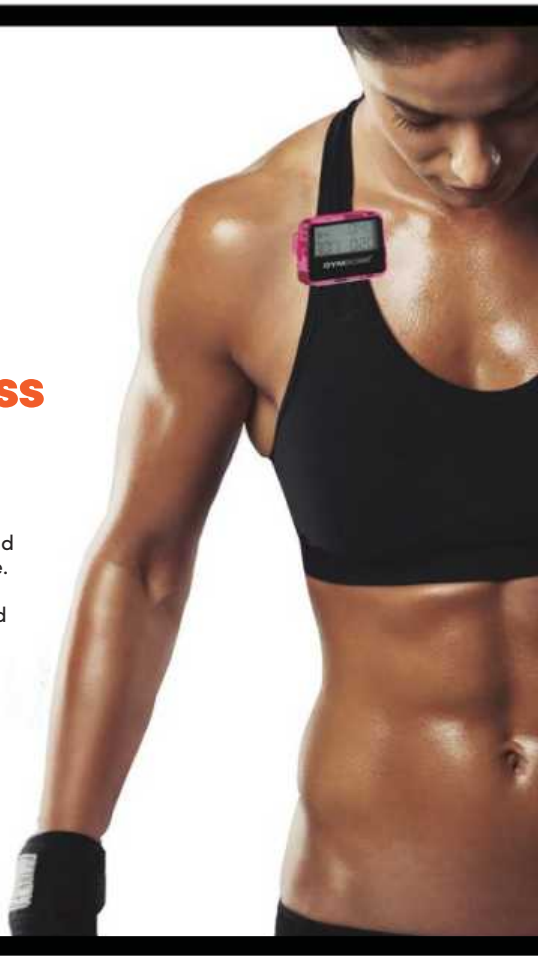


Versa Gripps

Gotta have these!

These are absolutely the best grips in the world. Get girl power in the gym with new Versa Gripps Fit Pink! The same great style is now in super-sexy pink. They are the key to the mind-muscle connection and the secret to a lean and fabulously fit body. Patented Self-Supporting Grip Assist is proven to eliminate grip fatigue while protecting hands from calluses.
Train better.
Patent # 5813950.
→versagripps.com
207-422-2051





Gymboss Timer

How long does your 30-minute workout take? You're busy and your time is valuable. A Gymboss interval timer gets you in and out of the gym on time. Perfect for:
•Tabata
•Cardio
•HIIT
•Weightlifting
•Stretching
→gymboss.com





RSP Nutrition QuadraLean

QuadraLean is a 100 percent stimulant-free weight-loss solution formulated to target and control four key factors: appetite, fat storage, energy and metabolism. QuadraLean contains effective dosages of CLA, carnitine, raspberry ketones and *Garcinia cambogia.* **→rspnutrition.com**

oxygenexhale

live • share • inspire



@alexysmarie1425 om



@jaxx0023 drop it like it's hot



@musclemama7 backin' it up

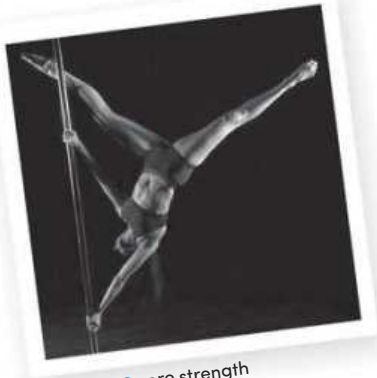


@shan_upand_dance power of two

> "If I don't take care of what I put into my body, my work in the gym will all be for nothing."
>
> — @grahamervin



@myfamilyfoodandfun downward dog



@angi513 core strength



@jaxx0023 kettlebell sunset



@grahamervin oxygen healthy eats

Capture a moment of fitness inspiration in your day and share it with us! We want to know what gives you that moment of joy in fitness. It could be repping out in the gym, a swim in the pool or a quiet moment on your yoga mat after class. Share it with us on Instagram using #oxygenexhale and your photos could be featured in an upcoming issue of *Oxygen*.



© 2015 Maximum Human Performance, LLC. All rights reserved. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, cure, treat or prevent any disease. Your results may vary.



BE MORE LEAN.™

GET ENERGIZED & BURN FAT
2 SHREDDED™ THERMOGENIC COMPLEX

2 Shredded™ is the professional strength thermogenic weight loss complex that helps the body get lean five different ways. Time to get energized, burn fat, and BE MORE LEAN.*

AVAILABLE AT

BODYBUILDING.com · theVitamin Shoppe · VITAMIN WORLD

BEASTSPORTS.COM

BEAST® ORIGINAL. GENUINE. MORE.

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE. © 1995 - 2015 Beast Sports Nutrition. All Rights Reserved